COOKING FOR SUCCESS

from

ST. JOHN NATIONAL BANK

2003

Recipes for Success

A Collection of Recipes by

St. John National Bank
St. John, Kansas

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DEDICATION

We dedicate this book to all cooks. In our homes today, as always, life is centered around the kitchen. It is with that thought in mind that we compiled these RECIPES YOU CAN BANK ON. Some of the recipes are treasured family keepsakes and some are new; however, they all reflect the love of good cooking.

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Integrity
Dedication
Professionalism
Loyal Customers
Team Work
Friendliness

Combine Financial Strength, Knowledge, and Great Customer Service. Blend it with Integrity, Dedication, Professionalism and Loyal Customers. Add Team Work and stir well. Serve with a generous helping of Friendliness.

Your Favorite Recipes

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Appetizers, Relishes & Pickles

Tried & True Recipes	Page Number

Appetizers

Appetizers are treats that can be served either at the start of a meal or at a reception or open house. Listed below are suggestions for quick and easy appetizers, along with some advice to follow for staying within the guidelines for a healthy diet:

Salsa has become one of America's most popular foods, primarily from its abundant use as an appetizer. Not only is salsa tasty, but it contains little or no fat.

For a change from basic salsa, mix with an equal amount of refried beans and top with cheese. Heat in the microwave and serve hot.

Chips are the natural companion to salsa, including potato chips and corn chips. Most potato and corn chips are fried, and therefore, contain a high level of fat. Baked chips, or even baked pretzels, are a good alternative when used with salsa. The taste of the salsa generally makes up for any loss of taste from baked rather than fried chips.

Cut raw vegetables arranged on a tray can make a decorative and colorful appetizer. Salad dressings make easy vegetable dips, but try to use low-fat versions. Most regular salad dressings are loaded with fat. Low-fat sour cream can be mixed with ketchup and garlic powder to make an easy vegetable dip.

Cream cheese has long been a versatile food to build a quick appetizer around. Reduced fat cream cheeses are a good choice. Top cream cheese with any of the following for a quick and easy appetizer:

- green pepper jelly
- drained small shrimp and cocktail sauce
- chopped pickle or pickle relish
- a dash of worcestershire sauce and chives
- chopped chutney and a dash of curry powder

Each of these combinations can be served with crackers, thin-sliced toast or chips.

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Appetizers, Relishes & Pickles

Appetizer Water Chestnuts

Nolen Taton

water chestnuts
bacon

Sauce:

1 c. sugar
½ c. vinegar
½ c. water
1 tsp. pepper
½ tsp. salt

Wrap chestnuts individually in ⅓ strip bacon; skewer with toothpicks. Bake 20 minutes on cookie sheet at 350°. Make sauce and put in fondue pot. Add chestnuts. Keep warm while serving.

Crab Meat Bites

Brenda Reno

½ c. margarine
1 c. process cheese spread
1 tsp. mayonnaise
Salt and garlic powder to taste
2 c. flaked crab meat, drained
6 English muffins, split
Paprika to taste

Preheat oven to 350°. Melt the margarine and cheese spread in a saucepan over low heat, stirring until blended. Remove from heat and blend in the mayonnaise, salt and garlic powder. Mix in the crab meat. Spread on the muffins. Sprinkle with paprika. Place on a baking sheet. Bake for 10 to 15 minutes or until bubbly. Cut into halves or quarters.

JAM
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Relish
Pickles

Crabmeat Stuffed Mushrooms

JD Hager

- 12 to 14 large mushrooms
- 2 Tbsp. sliced green onions
- 3 Tbsp. butter or margarine, divided
- 3 Tbsp. fresh bread crumbs
- 1 pkg. (3 oz.) cream cheese, softened
- 1 pkg. (6 oz.) frozen crabmeat, thawed, drained & flaked (imitation crabmeat can be used)
- salt & pepper to taste

Remove mushroom stems; chop enough stems to measure ⅓ c. Cook stems and green onion in 1 Tbsp. of butter; stir in bread crumbs.

Add mushroom mixture to cream cheese, mixing until well blended. Gently stir in crabmeat and season to taste with salt and pepper.

Brush mushroom caps with remaining 2 Tbsp. butter, melted. Fill with crabmeat mixture; place in shallow baking dish.

Bake at 350° for 18 to 20 minutes or until thoroughly heated.

Elegant Crabmeat Meatball Appetizers

Nolen Taton

- 2 cans (6-7 oz. each) crabmeat
- 1 ¼ c. fresh bread crumbs
- 3 Tbsp. sherry cooking wine
- 1 Tbsp. lemon juice
- 1 Tbsp. grated onion
- 1 tsp. dry mustard
- ½ tsp. salt
- 1 egg, beaten
- pepper (to taste)
- bacon slices (cut in halves)

Drain and flake crab meat; combine with remaining ingredients except bacon; mix well. Shape into walnut-sized balls. Wrap with bacon; secure with toothpicks. Broil under medium heat until bacon is crisp, about 10 minutes, turning to brown evenly. Garnish with parsley and lemon. May be served warm or cool. Makes about 2 ½ dozen.

Delicious Deviled Eggs

JD Hager

2 Tbsp. mayonnaise
2 Tbsp. vinegar
2 small squirts of mustard
2 tsp. sugar
dash of salt
paprika
parsley flakes
6 eggs

Boil eggs gently for 12 minutes. Immediately put eggs in cold water so the shell will slip off easily. Slice the eggs in half. Combine the yolk, mayonnaise, vinegar, mustard, sugar and salt in bowl. Put this filling back into the egg halves and sprinkle with paprika and parsley flakes.

Deviled Eggs Deluxe

Jeni Jones

6 hard boiled eggs (peeled and sliced in half lengthwise)
¼ c. miracle whip
1 tsp. vinegar
1 tsp. mustard
½ tsp. salt
⅛ c. onion, finely chopped

Combine filling ingredients and fill egg halves.

Party Snacks

Terri Koelsch

¼ tsp. garlic powder
½ tsp. lemon pepper
½ tsp. dill weed
1 small envelope ranch style dressing mix
1 c. oil
2 pkg. (12 oz. each) oyster crackers

Mix oil and seasonings together and pour over crackers in paper sack. Shake well. Store in airtight jar overnight.

Popcorn Snack

Vicki Prescott

2 microwave bags of popcorn (cooked)
3 c. rice krispies
1 16 oz. jar mixed nuts or peanuts
24 oz. bag of almond bark
3 Tbsp. peanut butter

Melt together almond bark and peanut butter. Pour over mixture of popcorn, rice krispies and nuts. Spread out on cookie sheet and refrigerate until set. Crumble and store in an airtight container.

Sausage Cheese Balls

Paula Rixon

2 lbs. (32 oz.) sausage, uncooked
1 ½ c. all-purpose baking/biscuit mix
16 oz. sharp cheddar cheese (approx. 4 cups, shredded)
½ c. finely chopped onion
½ c. finely chopped celery
½ tsp. garlic powder

Preheat oven to 375°. Shred cheese and mix with all remaining ingredients. Form into 1 in. balls. Bake 15 minutes on ungreased cookie sheet until golden brown. Makes about 6 dozen.

Sausage cheese balls can be frozen uncooked.

For a firmer texture, add an extra 3 cups of baking/biscuit mix and an extra 2 cups of shredded cheese to the ingredients listed above.

Swiss Spinach Balls

Brenda Reno

2 (10 oz.) packages frozen chopped spinach
½ c. butter or margarine, softened
2 c. seasoned stuffing mix
1 onion, chopped
6 eggs, beaten
2 c. shredded Swiss cheese
1 c. grated Parmesan cheese
1 Tbsp. garlic salt
½ tsp. thyme
2 tsp. pepper

Preheat the oven to 350°. Cook the spinach using the package directions and drain well. Add the butter, stuffing mix, onion and eggs; mix well. Add the cheeses and seasonings and mix well. Drop by tablespoonfuls onto a greased baking sheet. Bake for 15 to 20 minutes or until brown. The spinach balls may be frozen before baking.

Spinach and Artichoke Squares

Brenda M. Reno

- ½ c. chopped onion
- 2 Tbsp. butter or margarine
- 3 eggs
- ¼ c. light mayonnaise
- 1 c. 2% milk
- 1 ½ c. shredded extra sharp cheddar cheese
- ½ c. grated parmesan cheese
- ⅓ c. flour
- 1 pkg. (10 oz.) chopped spinach, thawed
- 1 can (14 oz) artichoke hearts, drained & chopped
- ½ c. fine bread crumbs
- 2 tsp. dried parsley flakes
- 1 tsp. Italian seasoning
- ½ tsp. nutmeg
- ½ tsp. salt
- ¼ tsp. pepper
- ⅛ tsp. tabasco sauce

Preheat oven to 325°. Saute the onion in butter until tender. Beat the eggs in a bowl until frothy. Add the mayonnaise and milk. Blend well. Add the egg mixture, cheeses, flour, spinach, artichokes, crumbs and seasonings to the onion mixture. Mix well. Pour into greased 9 x 13 pan. Bake for 35 minutes until light brown. Cool for several minutes. Cut into 1 ½ in. squares. Serve warm or at room temperature. The flavor is best when prepared a day ahead and reheated. Yield: 54.

Ranch Sausage Stars

Jeni Jones

- 2 c. cooked and crumbled sausage
- 1 ½ c. shredded sharp cheddar cheese
- 1 ½ c. shredded monterey jack cheese
- 1 c. prepared ranch salad dressing
- 1 (4 oz.) can sliced black olives, drained
- ½ c. chopped red peppers
- 1 (14 oz.) pkg. wonton wrappers
- vegetable oil

Preheat oven to 350°. Combine sausage, cheeses, salad dressing, olives and red peppers in bowl. Mix well and set aside. Press wonton wrappers in greased muffin cups; brush with oil. Bake for 5 minutes or until golden brown. Remove from muffin cups and place on baking sheet. Fill with sausage mixture. Bake for 5 minutes or until bubbly. Yield: 48 servings.

Sweet and Sour Jerky

Jeni Jones

- 1 tsp. salt
- ¼ tsp. pepper
- ½ tsp. onion powder
- 1 Tbsp. soy sauce
- ¼ c. red wine vinegar
- 3 Tbsp. brown sugar
- ¼ c. pineapple juice
- 1 garlic clove, crushed

Mix together and marinate 5 pounds jerky meat overnight in refrigerator. Dehydrate 6-8 hours or bake in 125° oven for 8-10 hours.

Texas Caviar

JD Hager

- 3 (16 oz.) cans of black-eyed peas
- 1 large ripe tomato, seeded and chopped
- 1 green bell pepper, seeded and diced
- 4 green onions, thinly sliced, tops included
- 1 (4 oz.) jar sliced pimentos, drained
- 1 or 2 jalapeno peppers, minced

Drain peas, rinse under cold water, drain thoroughly and place in a large bowl. Add tomato, pepper, onion, pimento and jalapeno peppers. Whisk together dressing ingredients and pour over peas mixture, tossing well to mix thoroughly. Chill 2 to 3 hours for flavors to blend. Serve as a dip for corn chips (scoops). Makes 10 to 12 servings.

Dressing:

- ¼ c. olive oil
- 2 Tbsp. medium or hot salsa
- 2 Tbsp. lemon juice
- 1 Tbsp. dijon mustard
- 2 cloves garlic, minced
- 1 tsp. salt
- 1 tsp. sugar
- ¼ tsp. tabasco sauce
- ½ tsp. freshly ground black pepper
- 1 tsp. dried thyme

Scalloped Oysters

JD Hager

½ c. butter
1 ½ c. crushed saltine cracker crumbs
1 pt. oysters
black pepper to taste
¼ c. heavy cream
dash hot pepper sauce
dash worcestershire sauce
2 Tbsp. fresh parsley

Preheat oven to 425°. Butter a 1 ½ qt. shallow baking dish. Melt butter in small saucepan. Stir in cracker crumbs, blending well. Sprinkle half of the cracker crumbs in bottom of the buttered dish. Drain oysters, reserving the liquid. Place oysters in a single layer over the cracker crumbs. Sprinkle with pepper, as desired. Combine ¼ c. reserved oyster liquid, cream, hot pepper sauce and worcestershire sauce in small bowl. Pour over oysters. Sprinkle with remaining cracker crumbs. Bake 25 minutes or until bubbly and top is browned. Sprinkle with parsley before serving. Serve as a side dish, first course, or appetizer with crackers.

NOTE: If fresh oysters are unavailable, substitute one or two cans (8 oz. each) of whole fancy oysters. Decrease the baking time to 15 minutes, or just until heated through.

Tortilla Pinwheels

Terri Koelsch

5 (10 oz.) tortillas
1 (6 oz.) jar of salsa

Filling:

8 oz. dairy sour cream
1 (8 oz.) pkg. cream cheese, softened
1 (4 oz.) can diced green chilies, drained
1 (4 oz.) can chopped black olives, drained
1 c. grated cheddar cheese
½ c. chopped onion
garlic powder to taste

Mix all of the filling ingredients together. Divide the filling and spread evenly over tortillas, roll up. Cover tightly with plastic wrap, twisting ends. Refrigerate for several hours. Unwrap, cut in ¾ inch thick slices. Lay pinwheels flat on serving plate. Dip slices in salsa. Yields: 45-50.

Helen Wall's Cheese Ball

Jeni Jones

- 2 pkgs. (8 oz.) cream cheese
- ⅓ small onion, finely chopped
- 1 tsp. miracle whip
- ¾ tsp. dry mustard
- ¼ tsp. accent
- ¼ tsp. garlic salt
- 1 tsp. vinegar
- 1 tsp. tabasco
- dash red pepper
- ¼ c. chopped green peppers

Blend all ingredients together and shape into a ball. Chill and serve.

Puppy Chow

Di Fisher

- 9 c. Chex cereal - (corn, rice, or wheat)
- 1 c. semi-sweet chocolate chips
- ½ c. peanut butter
- ¼ c. margarine
- 1 tsp. vanilla
- 1 ½ c. powdered sugar

Pour cereal into large bowl; set aside. In 1 qt. microwave safe bowl, combine chocolate chips, peanut butter and margarine. Microwave on HIGH 1 to 1 ½ minutes. Stir in vanilla. Pour chocolate mixture over cereal, stirring until all pieces are evenly coated. Pour cereal mixture into a large resealable plastic bag with powdered sugar. Seal securely and shake until all pieces are well coated. Spread on wax paper to cool.

Crispix Mix

Di Fisher

- 1 large box Crispix
- 2 (6 oz.) pkgs. pecans
- 2 sticks oleo
- 1 c. sugar
- 1 tsp. cinnamon
- 2 pkgs. apple chips

Melt butter, sugar, cinnamon. Pour over crispix and nuts. Stir well. Bake at 250° for 45 minutes, stirring every 15 minutes. Add 2 pkgs. apple chips.

Apple Dip

Di Fisher

- 8 oz. cream cheese
- ¾ c. brown sugar
- 1 tsp. vanilla
- ¼ c. butter
- fresh apple slices

Melt all ingredients over medium heat in saucepan, stirring constantly. Cool and serve with apple slices.

Caramel Apple Dip

Carol Ward

8 oz. cream cheese, softened
1 tsp. vanilla
1 tsp. butter flavoring
½ c. brown sugar
Fresh apple slices

Mix cream cheese and flavorings. Add brown sugar and beat until very smooth. Refrigerate overnight or for several hours. Stir well and serve with apple slices.

Strawberries and Dip

Di Fisher

8 oz. cream cheese, softened
2 small jars marshmallow cream

Cream together and serve with fresh strawberries.

BLT Dip

Carol Ward

1 lb. bacon, fried crisp and crumbled
1 c. sour cream
1 c. Helman's Mayonnaise
1 large tomato, diced and drained well

Mix sour cream and mayonnaise; add bacon. Refrigerate these ingredients at least 1 hour. Just before serving, stir in tomato. Makes 3 cups.

Easy Chip Dip

Jeni Jones

miracle whip
ketchup

Mix together to taste. Serve with potato chips, fish sticks, or chicken patties.

Easy "Hot" Dip

Di Fisher

1 lb. bulk sausage (choose spicy to taste)
1 (8 oz.) pkg. cream cheese, softened
1 (3 oz.) pkg. cream cheese, softened
1 (10 oz.) can tomatoes and green chillies

Brown sausage in skillet; drain thoroughly. Turn burner to low or warm. Stir both packages of cream cheese into skillet with sausage; stir until melted. Add tomatoes with chilies; stir until well blended and warm throughout. Serve warm with tortilla chips.

Creamy Rotel Dip

Di Fisher

1 (8 oz.) pkg. cream cheese
1 can rotel tomatoes

Heat cream cheese in microwave. Mix in rotel tomatoes. Serve with tortilla chips.

Mexican Dip

Di Fisher

1 c. sour cream
1 c. mayonnaise
1 c. picante sauce

Mix all ingredients together. Serve with tortilla chips or use as a dressing on mexican food.

Sausage Dip

Brenda Bebee

1 (8 oz.) pkg. cream cheese
1 pt. sour cream
1 pkg. (sage) Jimmy Dean sausage
1 pkg. (hot) Jimmy Dean sausage
2 (14 oz.) can stewed tomatoes, do not drain
1 large can green chilies, diced
1 onion, chopped
garlic powder

Brown sausage and onion. Add remaining ingredients and heat in crock pot.

Tortilla Chip Dip

Di Fisher

1 (8 oz.) cream cheese
1 onion, chopped
1 can mexican tomatoes
1 can green chilies, diced
1 can Rotel tomatoes

Heat cream cheese in microwave. Add remaining ingredients. Stir. Serve warm or cold with tortilla chips.

8 Layer Mexican Dip

Jeni Jones

2 (9 oz.) cans bean dip
1 (8 oz.) sour cream
½ c. mayo
1 pkg. taco seasoning
1 (2 oz.) can sliced black olives
1 bunch green onions, chopped
3 medium tomatoes, chopped
1 medium green pepper, chopped
1 c. shredded sharp cheddar cheese
1 c. shredded lettuce

Spread bean dip in a 9 x 13 inch pan. Combine sour cream, mayo and taco seasoning. Layer over bean dip. Top with cheese and tomatoes. Sprinkle green onions, green peppers, olives and lettuce. Serve with chips. Yield: 20-30.

Layered Dip

Mike Sanders

2 cans jalapeno bean dip
3 avocados, peeled and mashed
2 Tbsp. lemon juice
salt and pepper to taste
10 oz. sour cream
1 pkg. taco seasoning
½ c. mayonnaise
shredded cheddar cheese
1 can black olives, sliced
2 tomatoes
1 bunch green onions, chopped

Spread bean dip in bottom of 9 x 13 pan. Mash avocados and add lemon juice, salt and pepper to make guacamole. Spread over 1st layer. Mix sour cream, mayo and taco seasoning together. Spread sour cream mixture over 2nd layer. Sprinkle with cheese. Top with onions, tomatoes and olives. Serve with chips or crackers.

Chunky Guacamole

Brenda Reno

½ c. mayonnaise
½ c. sour cream
2 Tbsp. lemon juice
1 large tomato, peeled, seeded, and chopped
½ c. minced onion
2 medium or 1 large avocado, peeled and chopped
salt, pepper, and garlic salt to taste

Mix all ingredients. Refrigerate. Serve with plain tortilla chips. Can be made ahead to allow flavors to blend. Keep avocado pit in dip to prevent browning until ready to serve. Leftover dip makes a good salad topping.

Ranch Dip Deluxe

Jeni Jones

1 (8 oz.) sour cream
1 pkg. Hidden Valley Ranch Dip mix
1 pkg. dried beef
black olives, chopped
green onions, chopped

Combine sour cream and HVR dip mix. Add chopped ingredients. Serve with raw vegetables or potato chips.

Bacon Swiss Dip

Di Fisher

8 oz. cream cheese
½ c. miracle whip
4 oz. swiss cheese
2 Tbsp. green onions
8 slices of bacon, fried crisp and crumbled
½ c. buttery crackers, crushed

Heat cream cheese, miracle whip, swiss cheese, green onions and bacon in a microwave dish and transfer to a 2 ½ qt. casserole dish. Top with cracker crumbs. Bake for 15 minutes at 325°. Serve with crackers.

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LES

Shrimp Dip

Nolen Taton

- 1 large pkg. cream cheese (softened)
- ¼ c. sour cream
- 1 Tbsp. lemon juice
- 3 Tbsp. thinly sliced green onion
- ¼ - ½ tsp. crushed red pepper
- 1 Tbsp. milk
- ½ lb. small cooked shrimp
- Salt
- 1 -2 Tbsp. slivered almonds

Beat together cream cheese and sour cream until smooth and fluffy. Stir in lemon juice, green onion, red pepper, milk and shrimp (reserve a few for garnish). Season to taste with salt. Cover and chill 2-4 hours to blend flavors. Just before serving, top with shrimp and almonds. Serve with vegetables. Yield: 2 cups.

Hot and Spicy Cranberry Dip

Brenda Reno

- 1 (16 oz.) can jellied cranberry sauce
- 3 Tbsp. prepared horseradish
- 2 Tbsp. honey
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. lemon juice
- 1 clove of garlic, minced
- ½ tsp. cayenne

Combine the cranberry sauce, horseradish, honey, Worcestershire sauce, lemon juice, garlic and cayenne in a medium saucepan and mix well. Bring to a boil; reduce the heat. Simmer, covered, for 5 minutes. Serve warm with orange sections, pineapple cubes or sausages.

Cucumber-Carrot Relish

Terri Koelsch

- 6 large cucumbers
- 6 medium carrots
- 2 medium onions
- 2 Tbsp. salt
- 1 ½ c. vinegar
- 2 ½ c. sugar
- 1 ½ Tbsp. celery seed
- 1 ½ Tbsp. mustard seed

Grind together cucumbers, carrots and onions using a coarse blade or blender. Sprinkle with salt. Let stand 3 hours. Drain. Combine remaining ingredients in a large kettle and bring just to a boil. Add cucumber mixture. Simmer 20 minutes. Pack in hot sterile jars. Seal immediately. Yield: 5 ½ pts.

Corn Relish

Jeni Jones

- 8 c. fresh corn (12 ears)
- 2 c. cold water
- 2 c. cider vinegar
- 1 extra large green pepper (1 ½ cups), chopped
- 1 extra large red pepper (1 ½ cups), chopped
- 1 ½ c. sugar
- 1 medium yellow onion, chopped
- 2 Tbsp. pickling salt
- 2 tsp. celery seed
- 2 Tbsp. dry mustard
- 1 tsp. ground turmeric
- ⅓ c. flour

Use an 8 qt. stainless steel pan.

Cut corn off of cob. Boil corn and 1 ½ c. water to a rolling boil. Boil gently 12 minutes. Stir in vinegar, peppers, sugar, onion, salt and celery seed. Boil 15 minutes.

In a small bowl, combine flour, dry mustard and turmeric. Whisk in remaining water until smooth. Stir into vegetable mixture and cook until smooth (approx. 5 minutes).

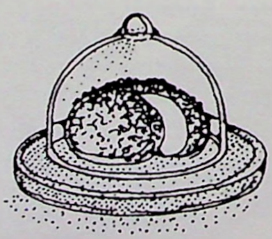
Pack in hot sterile jars and process for 10 minutes.

Chow Chow

Vicki Prescott

- 2 gal. green tomatoes
- 1 gal. cabbage
- 1 doz. onions
- 1 doz. bell peppers
- 3 jalapeno peppers (more if you like it hot)
- 6 c. sugar
- 2 Tbsp. cinnamon
- 2 Tbsp. ginger
- 1 Tbsp. cloves
- 1 ½ Tbsp. celery seed
- ½ gal. cider vinegar

Grind first 5 ingredients. Mix together. Sprinkle with ¾ c. salt. Let stand 2 hours. Drain. Add remaining ingredients. Bring to boil and cook 10 minutes. Put in jars and seal. Very good on cooked dry beans, peas or crackers.



Refrigerator Bread & Butter Pickles

JD Hager

6 c. cucumbers, thinly sliced
2 c. onions, thinly sliced
1 ½ c. sugar
1 ½ c. vinegar
½ tsp. salt
½ tsp. mustard seed
½ tsp. celery seed
½ tsp. turmeric

This recipe is put together and stored in the refrigerator for a month or more. No canning is required.

Layer cucumbers and onions in glass container.

Combine the rest of the ingredients in medium saucepan and bring to a slight boil, stirring until sugar is dissolved.

Pour over mixture, cool slightly, cover tightly and refrigerate at least 24 hours.

Bread and Butter Pickles

JD Hager

4 lbs. cucumbers, sliced
8 small onions, sliced
⅓ c. canning salt
5 c. sugar
4 c. white vinegar
2 Tbsp. mustard seed
2 tsp. celery seed
1 ½ tsp. ground turmeric
½ tsp. ground cloves

In a large container, combine the cucumbers, onions and salt. Cover with crushed ice. Mix well. Let stand for 3 hours. Drain; rinse and drain again.

In a large kettle, combine the sugar, vinegar and seasonings. Bring to a boil. Add cucumber mixture; return to a boil. Ladle hot mixture into hot sterile jars, leaving ¼ inch head space. Remove jars to a wire rack to cool completely. Yield: 4 pints.

–• Your Favorite Recipes •–

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Soups, Salads & Sauces

Tried & True Recipes	Page Number

Salads

Salads can be a good source of vitamins, minerals, and fiber. Follow these suggestions when including salads as a part of your family's well-balanced diet:

- Iceberg lettuce has few nutrients. Substitute a variety of types of lettuce such as raddichio, Boston, and Romaine.
- Avocados and olives are high in fat. Use these sparingly in salads.
- Cheeses also add fat to salads.
- Season salads with herbs instead of salt.
- Use low-fat or no fat dressings; limit other dressings to 1 tablespoon.
- Substitute yogurt for sour cream in homemade dressings.
- Substitute low-fat or no fat mayonnaise when making potato salad.
- Pickles and olives are high in salt. Use sparingly.

Additions and Garnishes

Sliced Hard-Cooked Eggs - remove yolks which are high in cholesterol
Pimento
Radishes
Green Pepper
Chicken
Carrots
Celery
Tomatoes
Cooked Beets
Cauliflower
Broccoli

Tips For Tossed Salads

Wash greens, drain and dry well prior to storing.
Tear greens instead of cutting to avoid bruising with a knife.
Remove the waxy outer skin of cucumbers before slicing.
Marinate tomato wedges separately in a vinaigrette; then add to salad.
To core lettuce, smack head down hard on counter top. Then twist core out.

- Remember to use low-fat or fat-free crackers as an accompaniment to salads!
- Check the labels on soups for ingredients you wish to avoid. Many commercially prepared soups are very high in salt and fat.
- When preparing homemade soups, use margarine instead of butter and herbs instead of salt.
- Many recipes call for milk as an ingredient for soups and sauces. Use skim milk or 1% if possible.
- When preparing dressings, use vegetable oils such as olive, sunflower or canola. These contain less fat and as with all vegetable oils ... they contain *no cholesterol!*

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Soups, Salads & Sauces

Cheese Soup

Brenda Reno

3 c. diced potatoes
½ c. diced celery
1 c. diced carrots
1 c. diced onions
1 cube chicken bouillon
½ tsp. Cavenders seasoning
1 ½ c. milk
1 lb. Velveeta
1 Tbsp. parsley
½ tsp. salt
dash of pepper
2 Tbsp. flour
1 c. water

Simmer potatoes, celery, carrots, onions, parsley, all seasonings and bouillon in water until vegetables are tender. Mix milk and flour. Add. Cook until thickened. Add cheese stirring until cheese is melted.

Cheeseburger Soup

Di Fisher

2 lbs. hamburger, browned
1 onion
¾ c. shredded carrots
¾ c. diced celery
½ tsp. dried basil
1 tsp. parsley flakes
4 Tbsp. butter
1 pkg. hash browns
4-6 c. chicken broth
8 oz. Velveeta
1 ½ c. milk
¾ tsp. salt
¼ - ½ tsp. pepper

Combine all ingredients, bring to a boil. Add cornstarch thickening until desired thickness. Simmer. May add ¼ c. sour cream if desired.

Corn & Broccoli Stew

JD Hager

1 slice bacon, chopped
1 small yellow onion, chopped
1 small all-purpose potato, peeled and cut into ½ inch cubes
½ c. skim milk
⅛ tsp. black pepper
3 c. broccoli florets (1 small head)
1 ¼ c. fresh or frozen whole-kernel corn

In a 12-inch nonstick skillet, cook the bacon over low heat until it begins to brown; about 3 minutes. Add the onion, cover, and cook over moderately low heat for 5 minutes. Add the potato, ¼ c. of the milk and the pepper. Cover and cook until the potato is almost tender, about 7 minutes. Add the broccoli and the remaining ¼ c. of milk and cook uncovered 5 minutes longer. Add the corn and cook for 3 minutes or until it is heated through.

Cheddar Chicken Chowder

Denise Hearson

2 slices bacon
1 lb. chicken, cut into bite-size pieces
1 c. chopped onion
1 c. diced red bell pepper
2 garlic cloves, minced
4 ½ c. chicken broth, fat free
1 ¾ c. diced, peeled red potatoes
2 ¼ c. frozen whole kernel corn
½ c. all purpose flour
2 c. low-fat milk
¾ c. shredded cheddar cheese
½ tsp. salt
¼ tsp. pepper

Fry bacon, crumble and set aside. Saute chicken, onion, pepper and garlic in bacon fat for 5 minutes. Add broth and potatoes. Boil. Cover and simmer 20 minutes or until potatoes are tender. Add corn; stir well. Place flour in bowl. Gradually add milk, stirring with a whisk until blended; add to soup. Cook over medium heat 15 minutes or until thick, stirring frequently. Stir in cheese, salt and pepper. Top with crumbled bacon.

Chicken-Cheese Soup

Paula Rixon

- 6 chicken breasts (or 1 whole chicken)
- 4 chicken bouillon cubes
- 1 qt. water
- 1 lg. onion, diced
- 1 c. diced celery
- 5 c. mixed raw or frozen vegetables
- 2 diced potatoes (medium sized)
- 2 cans cream of chicken soup
- 1 soup can of water or broth
- 1 lb. processed American cheese, chunked

Simmer chicken in crockpot or large pot on stovetop. Remove meat and set aside. Dice when cooled. Boil water in large pot with bouillon, celery and onion. Add vegetables. Add soup and water. Heat slowly. Add cheese and chicken. Simmer.

Chicken Rotini Soup

Mike Sanders

- ½ lb. boneless skinless chicken breasts, cut in ½-inch pieces
- 1 c. water
- 2 Tbsp. butter or margarine
- 4 oz. fresh mushrooms, sliced
- ½ medium onion, chopped
- 4 c. chicken broth, canned
- 1 tsp. Worcestershire sauce
- ¼ tsp. dried tarragon, crushed
- ¾ c. rotini, uncooked
- 1 small zucchini, optional
- fresh basil for garnish, optional

Combine chicken and water in medium saucepan. Bring to a boil over high heat. Reduce heat to medium-low and simmer for 2 minutes. Drain water and rinse. Melt butter in 5-quart dutch oven or large saucepan over medium heat. Add mushrooms and onions. Cook and stir until onion is tender. Stir in chicken, chicken broth, worcestershire sauce, tarragon. Bring to a boil over high heat. Stir in pasta. Reduce heat to medium-low, simmer, uncovered 5 minutes. Cut zucchini into ⅛ inch slices, halve large slices. Add to soup; simmer, uncovered, about 5 minutes or until pasta is tender. Ladle into bowls. Garnish if desired.

Chicken Tortilla Soup

Carol Ward

4 - 6 chicken breasts, chopped
1 pkg. fajita mix
6 c. water
1 can evaporated milk (12 -14 oz.)
1 can cream of chicken soup
1 can fiesta cheese soup
1 can rotel tomatoes, pureed
½ lb. Velveeta
1 Tbsp. garlic powder
1 Tbsp. dried cilantro

Sprinkle mix on chicken and cook in the six cups of water until tender. Reserve 4 c. of the broth. Add the remaining ingredients to the reserved broth; add chopped chicken. Heat through and serve with tortilla chips. Don't let this boil as it will curdle.

Chicken Tortilla Chowder

Denise Hearson

1 (14 ½ oz.) can chicken broth
1 (10 ¾ oz.) can cream of chicken soup
1 (10 ¾ oz.) can cream of potato soup
1 ½ c. milk
2 c. cubed chicken, cooked
1 (11 oz.) can mexicorn
1 (4 ½ oz.) jar sliced mushrooms, drained
1 (4 oz.) can chopped green chilies
¼ c. thinly sliced green onions
4 flour tortillas, cut in ½ inch strips
1 ½ c. shredded cheddar cheese

Combine ingredients in order except tortillas and cheese. Boil. Add tortillas and simmer uncovered for 8 - 10 minutes. Add cheese. Stir until melted. Serve immediately.

Chilly Day Chili

Terri Koelsch

2 medium onions, chopped
1 green pepper, chopped
2 Tbsp. oil
1 lb. ground beef
1 (16 oz.) can tomatoes, chopped
1 (15 oz.) can tomato sauce
½ c. ketchup
2 Tbsp. chili powder
1 tsp. salt
¼ tsp. pepper
1 can red kidney beans
1 can Bush's baked beans
1 can chili beans

In dutch oven, saute onions and green peppers in oil. Add ground beef; cook until lightly browned, stirring occasionally. Drain fat. Stir in tomatoes, tomato sauce, ketchup, chili powder, salt and pepper. Simmer, uncovered for 30 minutes. Stir occasionally. Stir in beans. Simmer 15 minutes longer.

Nolen's "No Recipe" Chili

Nolen Taton

1 ½ lb. ground beef - browned and drained
1 can of Del Monte chunky tomatoes - chili style - regular size
1 can of tomato sauce, regular size
1 (12 oz.) can of tomato paste
1 can dark red kidney beans, regular size
1 can of chili beans, regular size
1 can of regular kidney beans, regular size
1 pkg. of dry chili seasoning mix
1 c. water
Add chili pepper to preferred level (1 tsp. to start with)

Mix everything together in a large crock pot. Cook on low 4 hours minimum.

Zesty Colorado Chili

Di Fisher

1 lb. pork shoulder
2 lbs. ground beef
2 medium onions, chopped
1 large green pepper, chopped
1 Tbsp. minced garlic
1 (29 oz.) can tomato puree
1 (28 oz.) can diced tomatoes, undrained
1 jalapeno pepper, seeded and minced
1 c. beef broth
2 Tbsp. brown sugar
1 Tbsp. vinegar
2 tsp. chili powder
2 tsp. ground cumin
1 to 2 tsp. crushed red pepper flakes
1 tsp. dried oregano
1 tsp. dried basil
½ tsp. hot pepper sauce
2 (15 ½ oz.) cans kidney beans, rinsed and drained

Trim pork and cut into ½-inch pieces. In a 5-quart kettle or Dutch oven over medium heat, brown pork and ground beef; drain, discarding all but 1 Tbsp. drippings. Set meat aside. Saute onions, green pepper and garlic in drippings until tender. Add the next 12 ingredients. Return meat to the pan; bring to a boil. Reduce heat; cover and simmer for 1 hour. Add the beans and heat through.

White Chili

Jeni Jones

2 (10 oz.) cans great northern beans
2 medium onions, chopped
1 Tbsp. olive oil
4 cloves garlic, minced
2 (4 oz.) cans chopped green chilies
2 tsp. ground cumin
1 ½ tsp. dried oregano, crumbled
¼ tsp. cayenne pepper
chicken broth
3 c. shredded monterey jack cheese
sour cream
salt and pepper
spike seasoning
pork tenderloin

Cook pork tenderloin overnight in a crockpot with 1 onion, chicken broth and seasonings. Saute 1 onion and green chilies in olive oil. Combine with pork and beans. Stir in sour cream and cheese to taste. Simmer until cheese melts, stirring occasionally. Ladle into bowls and top with a little cheese and sour cream.

White Chili

Terri Koelsch

4 boneless, skinless chicken breast halves, cooked and shredded
3 cans great northern beans, drained and rinsed
¾ c. diced onion
½ Tbsp. cooking oil
½ Tbsp. ground oregano
1 tsp. ground cumin
¾ tsp. seasoned salt
¼ tsp. cayenne pepper
2 - 2 ½ quarts chicken broth
1 (4 oz.) can chopped green chilies

In a dutch oven, saute the onion in oil. Add chicken and seasonings. Saute 1 minute. Add broth and beans and bring to a boil. Reduce heat, simmer 2 hours. Stir in green chilies and simmer an additional 30 minutes.

White Chili

Paula Rixon

- 2 cans great northern beans
- 1 - 2 lbs. boneless chicken breasts
- 2 cans chicken broth
- 1 small can chopped green chilies
- ¾ c. diced onion
- 1 tsp. oregano, ground
- ¾ tsp. seasoned salt
- ½ Tbsp. ground cumin
- ¼ tsp. cayenne pepper
- garlic to taste
- tub of soft cream cheese

Bake or grill chicken. Saute onion in ½ Tbsp. oil. When tender, add beans, broth, green chilies, shredded chicken and seasonings. Bring to a boil. Reduce heat and simmer 1 hour. Add cream cheese and simmer another 30 minutes.

Cream Of Mushroom Soup

Brenda Reno

- 1 lb. mushrooms, sliced
- 1 lb. mushrooms, chopped
- 4 Tbsp. butter or margarine
- 6 c. chicken stock
- 1 ½ c. chopped celery
- ¾ c. chopped onion
- ½ c. chopped parsley
- 1 bay leaf, crumbled
- ½ c. butter
- ½ c. flour
- 4 c. half and half

Saute mushrooms in butter until golden brown. Do not overcook. They should still be firm. Add chicken stock. Add celery, onion, parsley and bay leaf to soup. Simmer, covered, 20 minutes. Melt butter in another saucepan. Stir in flour. Add half and half gradually, stirring until smooth and thick. Stir sauce into mushroom mixture. Add optional ingredients. Cook and stir until smooth.

Chowder

Paula Rixon

- 6 c. potatoes, diced
- 2 c. chicken broth
- 6 c. water
- 3 c. ham, cooked and cubed
- 1 pkg. frozen corn
- 2 cans evaporated milk

Combine all ingredients. Heat thoroughly. Simmer 30 minutes longer.

Crockpot Meatball/Vegetable Stew

Nolen Taton

- 1 ½ to 2 lbs. of precooked meatballs
- 1 c. frozen corn
- 1 c. frozen peas
- 3 medium potatoes, cut
- 2 large carrots, sliced
- 1 small green pepper, diced
- ½ large red onion, diced
- 2 cans of diced tomatoes
- 2 pkgs. dry mushroom soup mix
- 1 ½ tsp. dried basil
- celery as an option
- salt and pepper to taste as it cooks
- 2 cans beef broth
- ½ to 1 cup small uncooked pasta

Place everything into a large crockpot. Cook on low for 6-8 hours; high for 3-4 hours. You may add water or broth as needed. One hour before serving, toss in some small pasta of any shape for variety.

Grilled Summer Stew

Vicky Mansel

- 1 lb. beef stew meat
- ½ lb. bacon, halved
- ¼ lb. ham slices
- 6 medium red potatoes, quartered
- 6 carrots, cut into chunks
- 3 small yellow squash, cut into chunks
- 3 small zucchini, cut into chunks
- 6 medium tomatoes, quartered
- 3 ears corn on the cob, halved
- 3 medium green peppers, cut into chunks
- 3 jalapeno peppers, thinly sliced
- seasoned salt to taste
- seasoned pepper to taste

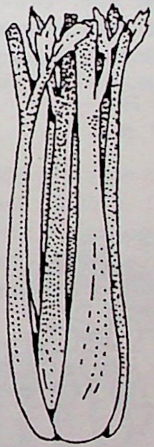
Place meats in the bottom of a 9 x 13-inch disposable aluminum baking pan. Spread vegetables over meats. Sprinkle with seasoned salt and seasoned pepper. Cover tightly with aluminum foil and grill over medium-low heat or coals for 1 hour.

Nolen's Homemade Ham & Cheese Soup

Nolen Taton

- 6 large potatoes, peeled and cut
- 1 lb. pre-cooked quality ham, cubed
- 8 c. milk
- 2 sticks butter or margarine
- 2 Tbsp. onion powder; or chopped onion
- 2 tsp. salt
- pepper to taste
- 1 c. flour
- water as needed
- 12 oz. to 16 oz. Velveeta cheese

Boil potatoes and ham until potatoes are tender. While they are cooking, place into a large dutch oven over very low heat the next 5 ingredients. Once this is hot, make a thin flour paste using the flour and enough water to resemble a thin batter. Pour flour paste into milk. Stir often and continue heating until the milk takes on a thickened state. Drain potatoes and ham and pour into white sauce. Simmer very low for another 30 minutes. About 15 minutes before serving, add cheese to soup and melt.



Italian Bean Soup

Nolen Taton

- 1 c. dry Great Northern beans
- 1 c. dry red beans or pinto beans
- 4 c. water
- 1 medium onion, chopped
- 2 Tbsp. instant beef bouillon granules
- 2 cloves garlic, minced
- 2 tsp. dried Italian seasoning, crushed
- ¼ tsp. pepper
- 1 28 oz. can tomatoes, cut up
- 1 9 oz. pkg. frozen Italian green beans or cut green beans, thawed
- 2 Tbsp. margarine or butter
- ¼ tsp. garlic powder
- ¼ tsp. dried Italian seasoning, crushed
- 12 ½-inch-thick slices baguette-style French bread

Rinse dry beans. In a dutch oven combine rinsed beans and 5 c. cold water. Bring to boiling; reduce heat. Simmer for 10 minutes. Remove from heat. Cover and let stand about 1 hour. Drain and rinse beans. In a 3 ½ to 6-quart crockery cooker combine beans, the 4 c. fresh water, onion, bouillon granules, garlic, the 2 tsp. Italian seasoning, and the pepper. Cover and cook on low-heat setting for 11 to 13 hours or on high-heat setting for 5 ½ to 6 ½ hours or until beans are almost tender. If using low-heat setting, turn to high-heat setting. Stir in undrained tomatoes and thawed green beans into soup. Cover and cook about 30 minutes more on high-heat setting or until beans are tender. Meanwhile, stir together margarine or butter, garlic powder, and ¼ tsp. Italian seasoning. Spread on 1 side of each bread slice. Place bread, margarine side up, on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 1 to 2 minutes or until crisp and light brown. To serve, ladle soup into bowls. Float 2 pieces of herb toast on each serving. Serve immediately.

Oyster Soup

JD Hager

- 1 pt. fresh oysters, including the liquid
- 2 Tbsp. celery, minced
- 1 Tbsp. green onion, minced
- 1 ½ Tbsp. butter
- 1 ½ Tbsp. flour
- 1 ½ c. milk
- ½ c. whipping cream
- ⅛ tsp. salt, plus additional to taste
- toast points or oyster crackers
- 2 c. milk may be substituted for the cream

Strain the oyster liquid through a sieve lined with a double thickness of rinsed and squeezed cheesecloth and set over a bowl and reserve it. In a small heavy saucepan, cook the celery and onions in the butter over moderately low heat, stirring, until they are softened; add the flour and cook the mixture over low heat, stirring, for 5 minutes. Add the milk and cream (or just milk) in a stream and ⅛ teaspoon of the salt, stirring; simmer gently, stirring for 5 minutes. In a saucepan, heat the oysters in the reserved liquid over low heat for 3 to 5 minutes, or until the edges of the oysters are curled and firm. Strain the milk mixture through a sieve into the oyster mixture, stirring, and remove the pan from the heat. Stir in the additional salt (if required) and divide the soup between 2 heated bowls. Serve the soup with toast points or oyster crackers.

Baked Potato Soup

JD Hager

- ⅔ c. butter or margarine
- ⅔ c. flour
- 7 c. milk
- 4 large baked potatoes, cooled, peeled and cubed
- 4 green onions, sliced
- 12 strips bacon, cooked and crumbled
- 1 ½ c. shredded cheddar cheese
- 1 c. sour cream
- ¾ tsp. salt
- ½ tsp. pepper

In a large soup kettle or dutch oven, melt the butter. Stir in flour; heat and stir until smooth. Gradually add milk, stirring constantly until thickened. Add potatoes and onions. Bring to a boil, stirring constantly. Reduce heat; simmer for 10 minutes. Add the remaining ingredients and stir until cheese is melted. Serve immediately.

Cheesy Potato Soup

Vicki Prescott

1 (16 oz.) pkg. tater tots
½ lb. cooked chopped ham
1 c. shredded cheddar cheese
2 c. milk
1 (10 oz.) can cream of mushroom soup
½ c. finely chopped onion
1 c. sour cream
salt and pepper

Combine milk, mushroom soup and sour cream in crockpot. Add rest of ingredients and mix well. Cook on high for 4 hours or low for 5 to 7 hours, stirring occasionally. Add additional milk or water for desired consistency.

Potato Soup

Di Fisher

6 potatoes, cubed
2 celery stalks, diced
1 onion, diced
1 Tbsp. parsley
2 carrots, sliced
5 c. water
4 chicken bouillon cubes
1 can evaporated milk
⅔ stick butter

Cook first 7 ingredients for 40 minutes. Add milk and butter. Simmer.

Potato, Bacon, Cheese Soup

Mike Sanders

15 lbs. potatoes, peeled and chopped
2 lbs. carrots, peeled and chopped
1 stalk of celery, chopped
2 - 3 onions, chopped
2 gal. milk
2 lbs. Velveeta cheese, chunks
1 lb. bacon, cooked, drained and chopped
1 c. cornstarch
garlic powder to taste
salt and pepper to taste

Chop all vegetables and cook in roaster with just enough water to cover vegetables and keep from scorching. In separate pan, cook 1 ½ gallon of milk and cornstarch until thickened. Add cheese and bacon. Stir into cooked vegetables in roaster. Add enough milk to fill roaster. Season to taste. Do not boil. (When I made this, it made 1 ¾ roasters.)

Stuffed Pepper Soup

Di Fisher

2 lbs. ground beef
1 (28 oz.) can tomato sauce
1 (28 oz.) can diced tomatoes, undrained
2 c. rice
2 c. chopped green pepper
2 beef bouillon cubes
¼ c. brown sugar
2 tsp. salt
1 tsp. pepper

Brown beef and drain. Add remaining ingredients and bring to a boil. Reduce heat, cover, and simmer for 30 - 40 minutes or until peppers are tender May need to add water.

Taco Soup

Di Fisher

1 ½ lb. ground beef
1 onion
1 can kidney beans, undrained
1 can chili beans, undrained
1 can corn
1 can rotel tomatoes, chopped
14 ½ oz. can diced tomatoes
4 oz. can green chilies (mild)
1 pkg. ranch salad dressing mix
1 pkg. taco seasoning
1 ½ c. water

Brown ground beef and onion. Drain. Add remaining ingredients and cook 2 hours longer. Serve with fritos, shredded cheese and sour cream.

Turkey Biscuit Stew

Vicky Mansel

¼ c. butter or margarine
⅓ c. flour
½ tsp. salt
⅛ tsp. pepper
1 ¼ c. chicken broth
¾ c. milk
2 c. cooked turkey, cubed
1 c. frozen peas
1 c. carrots, cooked
10 oz. refrigerated biscuits

Melt butter in a 10-inch ovenproof skillet; stir in flour, salt and pepper until smooth. Gradually add broth and milk; cook, stirring constantly, until thickened and bubbly. Add the turkey, peas and carrots; heat through. Separate biscuits and arrange over the stew. Bake at 375° for 20-25 minutes or until biscuits are golden brown. May substitute chicken for turkey.

Cream Vegetable Soup

Brenda Bebee

2 qts. water
3 - 4 potatoes, diced and slightly cooked
4 chicken bouillon cubes
2 lg. pkgs. frozen vegetables (broccoli and cauliflower)
2 sticks butter, melted
13 Tbsp. flour
1 (16 oz.) jar cheese whiz

Cook potatoes in water until slightly done. Add bouillon and frozen vegetables. Cook vegetables until done. Combine butter and flour and add to vegetables. Add cheese whiz. Stir until soup is hot. Do not Boil.

Vegetable Beef Soup

Terri Koelsch

1 lb. ground beef, browned and drained
2 (14 ½ oz.) cans diced tomatoes, pureed if you prefer
4 - 5 potatoes, peeled and diced
2 - 3 carrots, peeled and diced
1 pkg. frozen corn
1 pkg. frozen peas
salt and pepper
1 Tbsp. chili powder (optional)

Throw everything in the crockpot and add enough water to cover. Cook on high 4 - 5 hours and then switch to low. Add plenty of salt and pepper. Can add 1 Tbsp. of chili powder if desired.

Bean Salad

Vicki Prescott

1 can french cut green beans, drained
1 can black eye peas, rinsed good
1 can veg all, drained
1 can garbanzo beans, drained
1 can kidney beans, rinsed and drained
1 c. diced celery
1 c. diced onion
1 c. diced green pepper
1 small jar pimento, drained
1 c. sugar
¾ c. vinegar
½ c. oil

Heat sugar, vinegar and oil until sugar is dissolved. Pour over remaining ingredients and refrigerate.

Broccoli and Bacon Salad

Craig Fisher

- fresh broccoli, cut in pieces, 4 - 5 cups
- 10 strips bacon, fried and crumbled
- ¼ c. diced red onions
- 1 c. raisins
- 1 c. sunflower seeds

Dressing:

- 3 - 4 Tbsp. sugar
- ½ c. salad dressing
- 1 Tbsp. vinegar

Put washed, well drained broccoli pieces in a large bowl. Add raisins, bacon, onions and sunflower seeds. Mix dressing ingredients together; pour over salad.

Cauliflower and Broccoli Salad

Vicki Prescott

- 1 head cauliflower
- 1 head broccoli
- 1 red onion
- 1 c. raisins
- ½ c. sunflower seeds

Dressing:

- 1 c. mayonnaise
- 1 Tbsp. sugar
- 1 Tbsp. vinegar
- salt and pepper to taste

Mix dressing ingredients together and pour over vegetables. Refrigerate overnight.

Chili Cornbread Salad

Jeni Jones

1 box Jiffy cornbread mix
1 small can chopped green chilies (do not drain)
1 pinch sage
1 pinch oregano
1 pkg. Hidden Valley Ranch dressing mix
1 c. sour cream
1 c. mayo
2 cans whole corn, drained
2 cans pinto beans, drained
1 lb. bacon, crisp and crumbled
2 green peppers, diced
2 green onions, diced
2 tomatoes, diced
2 c. shredded cheese (mild, sharp or colby)

Make cornbread according to directions on the package and add green chilies, sage and oregano. Bake and cool completely. Mix together dressing mix, sour cream, and mayo. Set aside. Fry bacon, crisp, and crumble. Crumble ½ of the cornbread into the bottom of a 9 x 13 x 2 pan. Top with 1 can of beans and 1 can of corn. Spread ½ of the dressing mix and top with green pepper, green onion, tomato, ½ of the bacon and 1 cup of cheese. Repeat layers with the remaining ingredients. Cover with foil and refrigerate overnight.

Chinese Chicken Salad

Terri Koelsch

3 - 4 chicken breasts
3 green onions, chopped
1 small pkg. slivered almonds
¼ c. sesame seeds, lightly browned in oven
1 Tbsp. poppy seeds
1 small can chow mein noodles
1 to 1 ½ head lettuce

Dressing:

4 Tbsp. sugar
2 tsp. salt
½ - 1 c. Miracle Whip
¼ c. onion, chopped fine
1 small green pepper, optional
½ c. oil

Cook chicken, cool and chop into pieces. Mix chicken breasts, onion, almonds, poppy seeds and sesame seeds with dressing. Add lettuce and noodles just before serving.

Deluxe Cabbage Slaw

JD Hager

1 large head cabbage	2 c. sugar
6 small onions	1 Tbsp. salt
2 green peppers	2 Tbsp. celery seed
2 c. vinegar	2 Tbsp. mustard seed

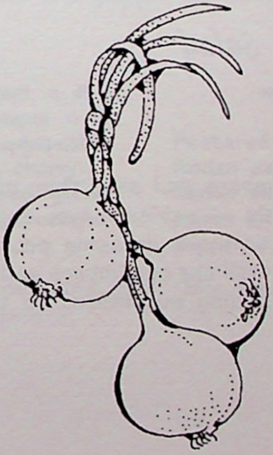
Heat vinegar, sugar, salt, celery seed and mustard seed until the sugar is dissolved. Cool. Shred vegetables and add to the cooled vinegar mixture. Place in covered dish and refrigerate several hours. Will keep several days.

Crisp Cole Slaw

Terri Koelsch

3 lbs. cabbage	1 c. cooking oil
1 sweet green pepper	1 ¼ c. white vinegar
1 sweet red pepper	1 Tbsp. salt
2 medium onions	2 tsp. celery seed
2 c. sugar	

Shred cabbage, peppers and onions. Mix well with sugar. Place in covered bowl and let stand in refrigerator for 2 hours. Do not drain liquid. Boil oil, vinegar, salt and celery seed until salt is dissolved. Pour over cabbage mixture and refrigerate an hour or so before eating. It's best when cold. It will keep crisp in refrigerator and stays good for a month.



Oriental Cabbage Salad

Terri Koelsch

½ head cabbage, chopped or shredded
1 green pepper, chopped
2 Tbsp. chopped green onions
½ c. sunflower nuts
1 pkg. sliced almonds
2 pkg. Ramen noodles, uncooked
red pepper for garnish if desired

Dressing:

2 Tbsp. sugar
2 Tbsp. vinegar
1 tsp. Accent
½ tsp. pepper
½ c. oil
1 to 2 flavor pkg. from Ramen noodles

Combine cabbage, green pepper and onions. Combine dressing ingredients and pour over vegetable mixture. Refrigerate at least 2 hours. Break up noodles and combine with sunflower nuts and almonds. Add noodle mixture to salad just before serving.

Cucumber Salad

Brenda Reno

1 c. diced cucumber
1 c. diced celery
1 c. cottage cheese
½ c. mayonnaise
1 small box lemon jello

Dissolve jello in 1 c. hot water. Add all other ingredients. Chill until set.

New Cucumber Salad

Terri Koelsch

4 cucumbers, peeled or unpeeled
1 large onion
1 ½ c. mayonnaise
½ c. sugar
salt, pepper and vinegar

Scrub the cucumbers and slice thin; put into a bowl which can be covered tightly. Combine mayo, sugar and seasonings; add enough vinegar to make dressing pourable, but still thick (about 3 Tbsp.). Mix with the cucumbers and onions and refrigerate. You can keep adding cucumbers to this as long as the dressing lasts.

Cheese Salad

Di Fisher

1 ¼ c. cottage cheese
3 c. shredded cheddar cheese
2 Tbsp. minced onion
¾ c. chili sauce
½ c. salad dressing (Miracle Whip)
1 Tbsp. plain gelatin (packet)
2 Tbsp. green and red pepper
½ c. whipping cream

Soften gelatin in ½ c. water. Set over hot water to melt. Combine cottage cheese, cheddar cheese, salad dressing, chili sauce, onion and peppers. Fold in gelatin and whipped cream. Set up a little bit. Pour into mold and chill until firm. Serve with Ritz crackers.

Macaroni Salad

JD Hager

2 c. macaroni
2 small cucumbers, chopped
2 tomatoes, chopped
1 green bell pepper, chopped
1 onion, chopped
salt to taste
ground black pepper to taste
1 ¾ c. mayonnaise
¼ c. milk

Cook macaroni pasta in a large pot with boiling, salted water according to directions. Rinse with cool water and drain. In a large bowl, add the cucumber, tomatoes, green pepper and onion. Blend the milk and the mayonnaise together in a small bowl until smooth and to your desired thickness. Add cooled pasta and salad dressing mixture to the large bowl of chopped vegetables. Add salt and pepper to taste. Refrigerate until chilled. Serve.

Pasta Salad

Jeni Jones

vegetables of choice - broccoli, cauliflower, carrots, cherry tomatoes, black olives, green peppers, red peppers, onions, etc.
Pasta of choice
Italian salad dressing
Ranch salad dressing
bacon bits
pepper

Cook pasta, drain and cool. Mix together all ingredients to taste and refrigerate.

Pea Salad

Brenda Reno

10 oz. uncooked frozen peas	½ c. chopped onion
½ c. crushed cashews	½ c. grated cheese
1 c. chopped celery	½ c. sour cream
½ c. bacon bits	½ c. mayonnaise

Combine all ingredients and chill.

Pea and Lettuce Salad

Jeni Jones

1 head lettuce, torn	3 stalks celery, chopped
1 (10 oz.) pkg. frozen green peas	1 onion, chopped
3 hard boiled eggs, chopped	mayonnaise to taste
2 large cucumbers, sliced	bacon bits
	cashews

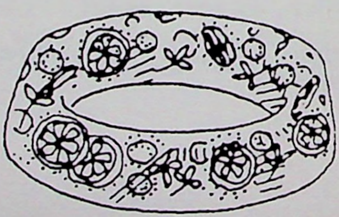
Layer lettuce, peas, eggs, cucumbers, celery and onion in a large salad bowl. Spread mayonnaise. Top with bacon bits and cashews. May add cheese and sugar to taste if desired.

Layered Salad

Di Fisher

1 head shredded lettuce	½ c. chopped onion
1 ½ c. salad dressing	½ c. chopped celery
½ c. chopped green pepper	1 ½ c. frozen peas
2 tsp. sugar	2 c. shredded cheese, fine
½ c. real bacon bits	

In a 9 x 13 dish, layer lettuce and then onion, spoon ¾ c. of salad dressing over the top, then layer celery, green peppers and peas. Spread remaining salad dressing on top and sprinkle sugar over that. Top with cheese and bacon bits. Cover with saran wrap and refrigerate for 8 hours.



Seven Layer Salad

Brenda Reno

1 pkg. fresh spinach, torn into bite-size pieces
salt, pepper and sugar to taste
8 oz. bacon, crisp-fried and crumbled
6 hard-cooked eggs, sliced
1 (10 oz.) pkg. frozen peas, thawed and drained
1 tsp. sugar
1 large red onion
2 c. mayonnaise
1 c. sour cream
2 c. shredded Swiss cheese

Layer the bottom of a glass serving bowl with the spinach. Season with salt, pepper and sugar. Add layers of the crumbled bacon, sliced eggs, peas, sugar and onion. Spread a mixture of the mayonnaise and sour cream over the top, sealing to the edges. Sprinkle the cheese over the top. Chill, covered, in the refrigerator for 24 hours before serving.

Gram's Potato Salad

Jeni Jones

2 medium potatoes
8 eggs
1 small can pimento
1 c. mayonnaise
3 Tbsp. sugar
1 Tbsp. celery seed
1 medium onion
1 small jar piccallili relish or sweet dill pickles w/ mustard seeds
salt

Peel, quarter and boil potatoes. Drain and salt. Set aside. Combine all other ingredients and pour over potatoes. Salt and pepper to taste.

Hot German Potato Salad

Dale Paulsen

6 to 8 large potatoes, cooked and sliced
8 bacon slices, cooked crisp
½ c. chopped onion
2 Tbsp. flour
½ c. sugar
1 ½ tsp. salt
½ c. water
½ c. vinegar
1 ½ c. Tbsp. parsley flakes
½ tsp. celery seed
pepper to taste

Crumble cooked bacon slices. Saute onion in bacon drippings. Add bacon and onion to potatoes and set aside. Combine remaining ingredients and cook until thickened. Pour over potato mixture and bake for 20 to 30 minutes at 350°. Serve hot. Can be prepared in advance and reheated.

Potato Salad

Dale Paulsen

5 medium potatoes, cubed
5 Tbsp. mayonnaise
1 ½ Tbsp. mustard
1 tsp. vinegar
1 tsp. sugar
1 medium onion, chopped
1 green pepper, chopped
½ c. sweet pickle relish
2 hard boiled eggs, chopped
salt to taste

Boil potatoes. Cool. Add eggs. Heat mayonnaise, mustard, vinegar and sugar in saucepan till smooth. Cool. Add onions, green pepper and relish to potatoes and eggs. Pour on sauce, mix and salt. Mix well and chill.

Saucy Potato Salad

Terri Koelsch

9 medium potatoes - cooked, peeled and sliced into cubes
⅓ c. Italian salad dressing
¾ c. sliced celery
⅓ c. sliced green onion
3 hard-boiled eggs
1 c. mayonnaise
¼ c. chopped pimento
2 Tbsp. pickle relish (optional)
½ c. sour cream

While potatoes are still warm, combine them with the dressing and chill for 2 hours. Add celery, green onion, eggs, mayonnaise, pimento and pickle relish to the potato mixture and mix well. Gently stir sour cream into mixture. Add salt, pepper and celery seed to taste.

Shell Roni Salad

Di Fisher

1 big bag large shell roni
1 c. sugar
1 can sweetened condensed milk
1 c. vinegar
8 oz. mayonnaise
diced fresh vegetables

Cook shell roni as directed on bag and cool. Mix sugar, milk, vinegar and mayonnaise. Blend until smooth. Add diced veggies (red onion, carrots, cucumber, green bell pepper, ripe olives, etc.; approximately ½ c. of each). Refrigerate for several hours.

Tri-Colored Pasta Salad

Di Fisher

1 bag tri-colored pasta
1 can sliced black olives
½ c. red onion, chopped
½ tsp. parsley
½ c. green pepper, chopped
½ c. pepperoni, chopped
8 oz. Wishbone Italian dressing (or more to taste)
¾ c. Parmesan cheese, shredded

Cook pasta, rinse and drain. Add remaining ingredients. Chill.

Vegetable Salad

Vicki Prescott

1 head broccoli
1 head cauliflower
1 c. black olives
1 c. green olives
1 c. mushrooms
1 c. onions
1 c. carrots

Dressing:

¼ c. vinegar
¾ c. salad oil
Hidden Valley Ranch dressing, 1 pkg.

Cut vegetables into bite-size pieces. Pour dressing mixture over vegetables.

Banana Split Salad

Mike Sanders

1 can sweetened condensed milk
1 carton whipped topping
1 can cherry pie filling
3 medium bananas, firm, cut into chunks
1 can crushed pineapple, drained
½ c. chopped nuts

In a large bowl, combine the milk and whipped topping until well blended. Fold in pie filling, bananas, pineapple and nuts.

Blueberry Salad

Paula Rixon

small bag frozen blueberries, thawed (reserve juice)
large can crushed pineapple, drained (reserve juice)
2 (3 oz.) boxes raspberry jello
2 c. boiling water
1 c. chopped nuts
1 pkg. dream whip

Dissolve jello in boiling water; add 2 c. reserved juices (add water to make 2 cups, if needed). Remove 1 c. jello and set aside. Add fruit to jello; add nuts if desired. Chill reserved jello to soft set. Chill jello and fruit. Prepare dream whip and combine with soft set jello. Top salad with dream whip mixture before serving.

Blueberry Party Salad

Denise Hearson

1 pkg. raspberry jello
2 c. hot water
1 envelope plain gelatin
½ c. cold water
1 c. coffee creamer
1 c. granulated sugar
1 tsp. vanilla
1 (8 oz.) pkg. cream cheese
1 pkg. raspberry jello
1 c. hot water
1 (#2) can blueberries w/ juice

Dissolve 1 package raspberry jello in 2 c. hot water. Chill in 9 x 13 pan until firm. Dissolve gelatin in cold water and mix together with coffee cream. Heat but do not boil; adding sugar and vanilla. Remove from stove and add cream cheese. Pour over 1st layer and chill. Dissolve 1 pkg. raspberry jello in 1 c. hot water and stir in blueberries. Pour over hardened 2nd layer and chill.

Cherries and Pudding Salad

Craig Fisher

1 pkg. French vanilla instant pudding
1 c. milk
1 (16 oz.) can pitted unsweetened dark cherries, drained
½ c. pecans, chopped
1 (8 oz.) carton cool whip

Mix instant pudding with milk. Stir in pecans and cool whip. Add cherries. Refrigerate.

Cherry Coke Salad

Denise Hearson

1 can unsweetened cherries
2 pkgs. cherry jello
¾ c. water
1 c. sugar
1 c. crushed pineapple
1 (8 oz.) bottle of coke
1 c. slivered almonds (optional)

Add sugar and water to cherries. Boil 1 minute. Add jello and stir until dissolved. Add coke and pineapple. Mix well. Add nuts. Chill.

Cream Cheese Salad

Denise Hearson

1 pkg. orange jello
1 c. boiling water
1 pkg. miniature marshmallows
6 oz. cream cheese
1 small can crushed pineapple
1 pt. whipping cream or 8 oz. Cool Whip
2 pkgs. raspberry jello
4 c. hot water

Dissolve orange jello in boiling water and add marshmallows. Dissolve. Add cream cheese. Let cool. Add pineapple and whipping cream. Mix thoroughly and let set until firm. Dissolve raspberry jello in hot water. Cool and layer on top.

Creamy Fruit Salad

Paula Rixon

10 oz. mandarin oranges
15 oz. pineapple in juice
2 bananas
1 small jar maraschino cherries
3 oz. regular vanilla pudding

Pour pudding in 1 ½ qt. casserole and add 1 c. pineapple and mandarin orange juices. Microwave 3-4 minutes until boiling, stirring occasionally. Add pineapple and oranges. Refrigerate 1 hour. Add bananas and cherries.

Dump Salad

Paula Rixon

1 can cherry pie filling (or blueberry pie filling)
1 can sweetened condensed milk
1 can crushed pineapple, drained
1 medium tub cool whip
½ c. crushed pecans

Combine all ingredients and chill. Optional - add coconut or marshmallows.

Fruit Salad

Paula Rixon

6 bananas, sliced
1 pkg. frozen, sliced strawberries
1 (16 oz.) can chunk pineapple, drained
1 (21 oz.) can peach pie filling

Thaw strawberries. Mix all ingredients, adding bananas just before serving. Sprinkle granola on top of fruit salad to make a breakfast or dessert salad.

Greek Athenian Salad

Nolen Taton

3 c. cling peach slices (drained)
¾ c. butter
3 c. cooked ham (diced)
1 ½ c. chopped green pepper
⅛ c. lemon juice
½ c. ripe olives
½ c. green olives
3 ½ c. cooked rice
1 tsp. salt
pepper to taste

Drain peaches. Melt butter. Sauté ham and peppers about 5 minutes in butter. Add lemon juice, peaches, olives and rice. Heat through. Add salt and pepper to taste. Serve warm as a buffet salad or portion ½ c. for individual salads.

Jello Salad

Paula Rixon

3 oz. lime jello
3 oz. cream cheese, softened
½ c. mayonnaise
1 small can crushed pineapple, reserve juice
¼ c. celery
¼ c. nuts

Prepare jello. Substitute pineapple juice for part of liquid. Partially set. Beat. Add remaining ingredients.

Creamy Orange Salad

Vicky Mansel

- 6 oz. orange jello
- 2 c. boiling water
- 6 oz. cream cheese, softened
- 14 oz. sweetened condensed milk
- 8 oz. whipped topping
- 1 maraschino cherry
- 1 fresh mint stem
- 5 mandarin oranges in juice

In a bowl, dissolve jello in water. In a mixing bowl, beat cream cheese until fluffy. Gradually blend in the hot gelatin mixture, beating on low speed until smooth. Stir in the milk; fold in whipped topping. Transfer to a 2 ½ quart serving bowl. Refrigerate for 4 hours or until firm. If desired, garnish with a flower made of cherry, mint and oranges.

Mandarin Orange Salad

Nolen Taton

- 1 pkg. (3 oz.) orange jello
- ⅓ c. sugar
- 1 c. orange juice (boiling)
- 1 can crushed pineapple
- 1 can mandarin oranges (drained)
- 1 c. sour cream

Add sugar to gelatin. Pour boiling juice over gelatin and stir until dissolved. Cool. Stir in sour cream. Add pineapple and oranges. Pour into molds.

Peach Salad

Alice TenEyck and Denise Hearson

- 1 large can sliced peaches
- 2 (3 oz. ea.) pkgs. peach gelatin
- 1 pkg. vanilla pudding (not instant)
- 3 c. water
- ¼ tsp. cinnamon
- 2 c. miniature marshmallows

Mix gelatin, pudding, cinnamon; add water. Bring to a boil 1 to 2 seconds on stove. Add marshmallows; stir until melted. Add peaches and juice. Pour into 9 x 13 baking dish. Chill until set.

Strawberry Salad

Lisa Cornwell

- 1 3 oz. pkg. lemon jello
- 1 c. boiling water
- 1 c. crushed pineapple
- ½ c. cold water
- 1 c. sour cream
- 1 c. boiling water
- 1 3 oz. pkg strawberry jello
- 1 package frozen strawberries

Dissolve lemon gelatin in 1 c. boiling water. Add cold water. Let set until lightly gelled. Add pineapple and sour cream. Put in 8 x 8 x 2 glass baking dish or mold and chill. In the meantime, dissolve the strawberry gelatin in 1 c. boiling water. Add frozen strawberries while still frozen. When slightly gelled, pour on top of first layer. Refrigerate until solid.

Tomato and Lemon Salad

Vicki Prescott

- 1 pkg. (3 oz.) lemon jello
- ½ c. tomato juice
- 1 c. cottage cheese
- 2 Tbsp. onion, chopped
- ¼ c. green pepper, chopped
- 1 c. mayonnaise
- ⅓ tsp. sugar
- ½ tsp. paprika

Heat tomato juice and dissolve jello. Mix in remaining ingredients and chill until set. Best doubled. V8 can be used in place of tomato juice.

24 Hour Salad

Craig Fisher

- 2 eggs
- 3 Tbsp. lemon juice
- 5 Tbsp. sugar
- ½ lb. miniature marshmallows
- 2 Tbsp. margarine
- 2 c. diced pineapple, drained
- 2 c. canned, sliced peaches, drained
- ½ c. chopped walnuts
- 1 tub cool whip (8 oz.)

Beat eggs; add lemon juice and sugar. Cook till thick in double boiler. Add the marshmallows and margarine to hot mixture. When cool, add remainder of ingredients. Stir gently. Refrigerate overnight.

Twinberry Salad

Nolen Taton

3 (3 oz.) pkg. strawberry jello
3 c. boiling water
2 (16 oz.) cans whole cranberry sauce
3 Tbsp. lemon juice
2 c. chopped unpeeled apples
1 c. chopped celery
½ c. Dream Whip
½ c. Miracle Whip

Dissolve jello in boiling water. Stir in whole cranberry sauce and lemon juice. Chill until partially set. Fold in apples and celery. Turn into a 9 x 13 pan or dish. Chill until firm. Fold in Miracle Whip. Whip Dream Whip and frost salad. Cut into squares. Serve on lettuce leaf.

Watergate Salad

Terri Koelsch

1 pkg. (9 oz.) whipped topping
1 box instant pistachio pudding
1 can crushed pineapple and juice
1 c. miniature marshmallows
½ c. nuts (optional)

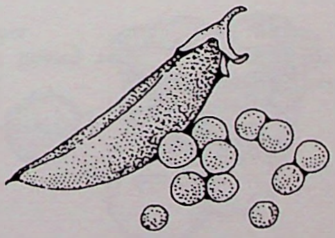
Fold dry pudding mix into whipped topping. Add pineapple, juice, marshmallow and nuts. Then refrigerate. Serve when chilled.

Yum Yum Salad

Terri Koelsch

¾ c. crushed pineapple
½ c. sugar
1 pkg. (3 oz.) lemon jello
½ c. cold water
2 c. Cool Whip
½ c. grated cheese
½ c. chopped nuts

Heat the pineapple and sugar to a slight boil. Dissolve the jello in the cold water. Pour the jello into the first mixture, and cool completely. Add the Cool Whip, cheese and nuts. Use extra cool whip and nuts if desired.



Blue Cheese Salad Dressing

JD Hager

- 1/3 c. salad dressing or mayonnaise
- 2/3 c. sour cream
- 1/4 c. crumbled blue cheese
- 2 Tbsp. distilled white vinegar
- 1/2 tsp. garlic salt
- 1/8 tsp. white pepper
- 1/8 tsp. dry mustard

Combine ingredients and mix well. If a smooth texture is desired, beat with an electric mixer. Refrigerate. Use within 10 days.

French Dressing

Mary Ann Heyen

- 2 c. Mazola or Olive oil
- 2/3 c. vinegar
- 1/3 c. sugar
- 1 Tbsp. salt
- 1 tsp. paprika
- 1 tsp. dry mustard
- 1 clove garlic (optional)

Combine all ingredients.

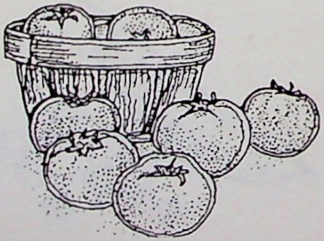
Variations: Add 1 tsp. minced onion, 3 Tbsp. catsup and 1 tsp. worcestershire to 1 cup basic dressing mixture or add 4 Tbsp. crumbled Roquefort cheese to 1 cup basic dressing mixture.

Salsa, Fresh

Nolen Taton

- 1 (28 oz.) can tomatoes
- 3 whole yellow chiles, seeded
- 1/2 lemon, juiced
- salt to taste
- 4 cloves garlic
- 2 bunches green onions
- cilantro to taste

Pour juice from tomatoes into food processor. Add all ingredients except tomatoes and chop. Pour into bowl. Put tomatoes into food processor. Just swish. Pour all together and mix. Let set 24 hours or put into microwave for 1 minute to blend flavors.



Never Fail Gravy or White Sauce

JD Hager

2 Tbsp. butter or margarine	⅔ c. milk
2 Tbsp. all-purpose flour	⅔ c. half-and-half
¼ tsp. salt	1 c. shredded cheddar, colby, or swiss cheese (optional)
⅛ tsp. white pepper	

In small saucepan, melt butter. Stir in flour, salt and pepper until smooth. Gradually blend in milk and half-and-half. Heat on medium high heat, stirring constantly, until mixture thickens and just comes to a boil. To make white sauce, always use the same amount of fat and flour plus the liquids. This makes about 1 ¼ cups sauce or gravy. One cup of shredded cheddar, colby or swiss cheese can be stirred into sauce or gravy.

Meat Marinade

Di Fisher

½ c. soy sauce	2 cloves garlic or 2 - 3 tsp. minced garlic
2 Tbsp. cooking oil	pinch ground ginger
2 Tbsp. lemon juice	¼ tsp. pepper
1 Tbsp. brown sugar	

Mix together and pour over meat. Turn meat several times.

Cheese Sauce

Denise Hearson

2 Tbsp. margarine, melted	1 ¼ - 2 ¼ c. milk
2 Tbsp. flour	Velveeta cheese

Melt butter and stir in flour to make a paste. Add ¼ c. milk and stir to get out any lumps. Add remaining milk depending on how much sauce you want. Cook in microwave until thick (2 - 4 minutes). Add chunks of cheese and microwave until cheese is melted.

Ginger Sauce

Denise Hearson

1 Tbsp. ground ginger	¼ c. water
1 small clove garlic, peeled and crushed	2 Tbsp. sugar
	½ c. soy sauce

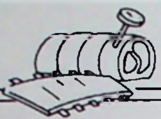
Combine all ingredients and mix well.

–• *Your Favorite Recipes* •–

Recipe *Page Number*

Meats & Main Dishes

Tried & True Recipes	Page Number



Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3-7 lb.	30-40	325 F	175 F
Leg	5 lb.	25-30	325 F	170 F
Picnic shoulder	5-10 lb.	40	325 F	175 F
Shoulder, butt	3-10 lb.	40-50	325 F	170 F
Boned and rolled Shoulder	3-6 lb.	60	325 F	170 F
BEEF				
Standing ribs - rare	3-7 lb.	25	325 F	135 F
- medium	3-7 lb.	30	325 F	165 F
- well done	3-7 lb.	35	325 F	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes				
LAMB				
Shoulder- well done	4-10 lb.	40	325 F	190 F
Shoulder - boned and rolled	3-6 lb.	40	325 F	182 F
Leg- medium	5-10 lb.	40	325 F	175 F
Leg - well done	3-6 lb.	40-50	325 F	182 F
Crown- well done	3-6 lb.	40-50	325 F	182 F
SMOKED PORK				
Shoulder and picnic hams	5 lb.	30-40	325 F	170 F
	8 lb.	30-40	325 F	175 F
Boneless butt	2 lb.	40	325 F	180 F
	4 lb.	25	325 F	170 F
Ham	12-20 lb.	16-18	325 F	170 F
	Under 10 lb.	20	325 F	175 F
	Half Hams	25	325 F	170 F
VEAL				
Loin	4-6 lb.	35	325 F	175 F
Leg	5-10 lb.	35	325 F	175 F
Boneless shoulder	4-10 lb.	45	325 F	175 F
POULTRY				
Chicken	3-5 lb.	40	325 F	170 F
Stuffed	over 5 lb.	30	325 F	170 F
Turkey	8-10 lb.	20	325 F	175 F
	18-20 lb.	14	325 F	175 F
Duck	5-10 lb.	30	325 F	175 F

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Meats & Main Dishes

Amish Meat Loaf

Nolen Taton

1 ½ lbs. ground beef
1 ½ tsp. salt
¾ c. rolled uncooked oats
¼ tsp. pepper
¼ c. chopped onion
1 egg, beaten
¾ c. milk

Sauce:

⅓ c. catsup
1 Tbsp. prepared mustard
2 Tbsp. brown sugar

Combine all ingredients for the meat loaf and mix thoroughly. Pack firmly into a loaf pan.

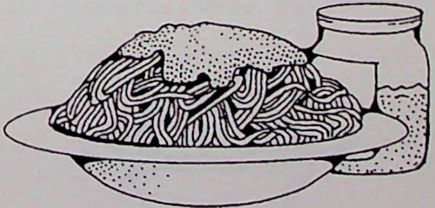
Combine the sauce ingredients and pour over meat loaf. Preheat oven to 350° and bake for 1 hour. Let stand 5 minutes before slicing.

Auntie Jack's French Bread Sandwich

Jeni Jones

1 loaf french bread
1 lb. hamburger
¼ c. green peppers, chopped
¼ c. red peppers, chopped
1 c. celery, diced
1 can nacho cheese soup
4 slices cheddar cheese

Cut top off of bread loaf. Hollow out loaf to ½ inch of crust. Use 2 ½ c. shredded bread in recipe. Brown hamburger with peppers and celery. Add nacho cheese soup and cook until buttery. Add bread crumbs. Fill bottom of loaf with meat mixture and top with cheese. Add top of loaf and wrap in foil. Bake at 350° for 8 to 10 minutes.



Baked Spaghetti

Terri Koelsch

- 1 lb. ground beef, cooked and drained
- 1 medium jar spaghetti sauce
- 1 ½ Tbsp. onion flakes
- 6 oz. spaghetti; cooked, rinsed, and drained
- 3 Tbsp. butter, melted
- ⅓ c. parmesan cheese
- 1 egg, beaten
- 1 (16 oz.) pkg. cottage cheese
- 1 large pkg. grated mozzarella cheese

Combine beef, sauce and onions; set aside. Mix together spaghetti, butter, parmesan cheese and egg. Pour noodle mixture into greased baking dish and press against the bottom. Spread cottage cheese on top. Pour sauce mixture over all and top with mozzarella cheese. Bake 20-25 minutes at 400°.

Spaghetti Carbonara

Nolen Taton

- 1 lb. spaghetti
- 8 bacon rashers
- 4 eggs
- ½ c. freshly grated Parmesan
- 1 ¼ c. cream

Cook the spaghetti in a large pan of rapidly boiling salted water until al dente. Drain and return to the pan. While the pasta is cooking, discard the bacon rind and cut the bacon into thin strips. Cook in a heavy-based pan over medium heat until crisp. Remove and drain on paper towels. Beat the eggs, Parmesan and cream in a bowl until well combined. Add the bacon and pour the sauce over the warm pasta. Toss gently until pasta is well coated. Return the pan to the heat and cook over very low heat for ½ - 1 minute, or until slightly thickened. Serve seasoned with freshly ground pepper. Garnish with herb sprigs if you wish.

Spaghetti Pie

Nolen Taton

- 4 oz. thin spaghetti
- 2 Tbsp. olive oil
- 2 large eggs, beaten
- ½ c. parmesan cheese
- ½ lb. ground beef, cooked and crumbled
- 16 oz. spaghetti sauce
- mushrooms and olives (optional)
- 1 c. cottage cheese
- 1 ½ c. mozzarella cheese

Cook spaghetti. Drain. While hot, toss with olive oil, eggs and parmesan. Place mixture in a 9 or 10 inch deep dish pie plate, making a crust (bottom and sides).

Spread cottage cheese over the spaghetti crust.

Mix beef, sauce, mushrooms and olives together and spread over the spaghetti and cottage cheese. Bake at 350° for 20 minutes. Cover with mozzarella cheese and cook for another 10 minutes (until cheese is melted and slightly brown).

Spaghetti Pie

Brenda Reno

- 6 oz. spaghetti, cooked and drained
- 2 Tbsp. margarine
- ½ c. grated parmesan cheese
- 2 eggs, beaten
- 1 lb. ground beef
- ½ c. chopped onion
- ¼ c. chopped green pepper
- 1 (8 oz.) can sliced tomatoes
- 1 (6 oz.) can tomato paste
- 1 tsp. sugar
- 1 tsp. oregano
- ¼ tsp. garlic powder
- 1 c. cottage cheese
- ½ c. shredded mozzarella cheese

Preheat the oven to 350°. Combine the spaghetti, margarine, parmesan cheese and eggs in a bowl. Press into a 10-inch pie plate to form a crust. Brown the ground beef with the onion and green pepper in a skillet, stirring until the ground beef is crumbly; drain. Stir in the tomatoes with liquid, tomato paste, sugar, oregano and garlic powder. Cook until heated through. Spread the cottage cheese over the spaghetti crust. Add the tomato mixture. Bake, uncovered, for 20 minutes or until bubbly. Sprinkle with the mozzarella cheese. Bake until the cheese melts.

Bierocks

Paula Rixon

Bread Dough:

- 2 pkgs. dry yeast
- 2 c. luke warm water
- 4 Tbsp. sugar
- 2 tsp. salt
- 6 c. all purpose flour
- 4 Tbsp. margarine

Bierocks Filling:

- 2 lbs. lean ground beef
- 4 c. finely shredded cabbage
- 2 small onions, chopped
- 1 tsp. black pepper
- dash salt
- sausage seasoning to taste

Dough: Dissolve yeast in water in large mixing bowl. Allow to set 3-5 minutes. Stir in sugar, salt and flour until dough comes together in a rough ball. Turn onto counter and knead to finish making smoother ball of dough. Grease hands with margarine and knead until all margarine is kneaded in and dough is smooth. Let dough rest, covered 30 minutes. Punch down and rest 10 minutes. Lightly grease baking sheets. Divide dough into two balls. Roll dough into 14 x 9 inch rectangle. Cut into six squares, each 4 inches square. Place ¼ to ⅓ cup filling in center of each. Pick up the corners of each square and pinch together. Try to form into a nice large circle. Turn each square seam side down on greased baking sheet. Bake 400° 15-18 minutes.

Filling: Brown ground beef and thoroughly drain. Add remaining ingredients. Cook on low, covered until vegetables are tender. Cool slightly. Portion onto dough squares and seal.

Easy Bierocks

Vicki Prescott

- 1 to 1 ½ lbs. hamburger
- 1 head cabbage, chopped
- 1 onion, chopped
- salt and pepper to taste
- 2 cans crescent rolls
- shredded cheddar cheese

Combine hamburger, cabbage, onion, salt and pepper in a large pan and cook until hamburger is done and cabbage is tender. Grease a 9 x 13 pan and roll out 1 can of crescent rolls into the bottom of the pan to form a crust. Bake at 350° until crust is brown. Remove from oven and fill with meat mixture and cheese. Roll another can of crescent rolls out and lay on top of meat mixture. Bake at 350° until top is brown.

Biscuit Pizza Bake

Mike Sanders

- 1 lb. ground beef, cooked and crumbled
- 2 tubes buttermilk biscuits
- 1 can pizza sauce
- 1 medium green pepper, chopped
- ½ small onion, chopped
- 1 can mushroom pieces
- 1 pkg. sliced pepperoni
- 1 c. mozzarella cheese, shredded
- 1 c. cheddar cheese, shredded

Cook ground beef and drain. Quarter biscuits and place in greased shallow 3 qt. baking dish. Top with pizza sauce. Sprinkle beef over biscuits and sauce. Layer with green pepper, onion, mushrooms, pepperoni and cheeses. Bake uncovered at 350° for 25-30 minutes. Let stand 5-10 minutes before serving.

Easy Burritos

Vicki Prescott

- 1 ¼ lbs. ground beef, cooked and drained
- 1 jar picante sauce

Mix together making the perfect burrito meat.

Cavatini

Terri Koelsch

- 1 lb. hamburger
- 1 lb. sausage
- 1 large jar spaghetti sauce
- 1 pkg. pepperoni
- 1 jar mushrooms, chopped
- 1 green pepper, chopped
- 1 small onion, chopped
- 1 large pkg. mozzarella cheese, shredded
- 1 pkg. fancy macaroni, cooked and drained

Fry hamburger, sausage and green peppers and drain. Add spaghetti sauce, pepperoni, mushrooms and onion. Using an oblong pan, place macaroni in the bottom, then meat sauce and top with cheese. Bake uncovered at 375° for 20 to 25 minutes.

Baked Cavatini

Vicki Prescott

1 lb. ground beef
1 pkg. pepperoni, chopped
2 cans mushrooms, chopped
2 green peppers, chopped
1 onion, chopped
1 medium can tomato sauce
2 jars pizza sauce
1 (1 lb.) macaroni, cooked
1 lb. mozzarella cheese, shredded

Cook ground beef until brown and crumble. Drain. Combine with pepperoni, mushrooms, green peppers, onion, tomato sauce, pizza sauce, macaroni and ½ of the cheese. Pour into greased 11 x 15 inch baking dish. Top with remaining cheese. Bake at 350° for 30 to 45 minutes.

Dirty Rice

Brenda Reno

1 lb. lean ground beef
1 envelope onion soup mix
1 c. uncooked rice
2 c. water

Brown the ground beef in a skillet, stirring until crumbly; drain. Stir in the soup mix, rice and water. Bring the mixture to a boil; reduce heat. Simmer, covered, for 20 minutes.

Five Spice Casserole

Vicky Mansel

1 lb. ground beef
1 ½ tsp. salt
dash of pepper
⅛ tsp. oregano
⅛ tsp. garlic powder
⅛ tsp. thyme
½ small bay leaf
1 pt. canned tomatoes
1 can cream of mushroom soup
1 c. instant rice
3 slices of processed American cheese

Brown beef; drain. Stir in the seasonings, tomatoes and soup. Add rice. Bring to a boil; reduce heat and simmer 5 minutes. Spoon into 1 ½-quart baking dish and top with cheese. Heat until cheese is melted.

Slow-Cooker Enchiladas

Vicky Mansel

1 lb. ground beef
½ c. green pepper, chopped
16 oz. pinto beans, canned, rinsed and drained
15 oz. black beans, rinsed and drained
10 oz. tomatoes with green chilies undrained
⅓ c. water
1 tsp. chili powder
½ tsp. ground cumin
½ tsp. salt
¼ tsp. pepper
1 c. shredded cheddar cheese
1 c. shredded monterey jack cheese
6 6-inch flour tortillas

In a skillet, cook beef and green pepper until beef is browned and vegetables are tender; drain. Add the next eight ingredients; bring to a boil. Reduce heat; cover and simmer for 10 minutes. Combine cheeses. In a 5-quart slow cooker, layer about ¾ c. beef mixture, one tortilla, and about ⅓ c. cheese. Repeat layers. Cover and cook on low for 5-7 hours until heated through.

Enchilada Casserole

Nolen Taton

1 ½ lbs. lean ground beef
1 onion
1 can green chilies
1 can cheddar cheese soup
1 can cream of mushroom soup
1 can enchilada sauce
1 pkg. flour tortillas
1 can corn (optional)

Using MULTI-CHOPPER, chop onion and brown with ground beef. Drain and rinse. Pour into 2 qt. BATTER BOWL. Add other ingredients. Mix well using spoonula. Layer mixture with flour tortillas in APPLE BAKER. Cover with shredded cheese. Cook until cheese melts and well heated about 35 to 40 minutes at 350°.

Green Pepper and Hamburger

Craig Fisher

1 lb. hamburger, browned
½ - 1 c. minute rice
ketchup
2 green peppers
1 can diced tomatoes

Cut green peppers in small chunks, boil till tender. Cook minute rice. Add browned hamburger (left-over meatloaf tastes good in this recipe), green peppers, rice, tomatoes with its juice and a little ketchup. Heat in microwave oven.

Hamburger Dinner

Dale Paulsen

1 lb. hamburger
1 (1 oz.) pkg. onion gravy
¼ tsp. garlic salt
1 ½ c. water
salt and pepper to taste
⅓ c. rice, cooked
1 (10 oz.) pkg. frozen peas
1 (5 oz.) can water chestnuts
1 can onion rings
soy sauce

Brown hamburger in skillet. Blend in the gravy mix, garlic salt, water and rice. Bring mixture to boil, then reduce heat to low. Cover and simmer for 20 - 25 minutes. Stir in thawed peas and the water chestnuts. Cook just until heated through. Stir in onions. Serve with soy sauce.

Hamburger-Green Bean Casserole

Di Fisher

2 lbs. hamburger
1 onion, chopped
salt and pepper to taste
1 large pkg. Reames frozen noodles, cooked and drained
2 cans green beans
1 can cream of mushroom soup
½ c. milk
¼ stick margarine
6 oz. velveeta

Brown hamburger and onion. Mix together all ingredients and bake @ 350° for 30-45 minutes.

Hamburger Pie

Denise Hearson

1 lb. ground beef
½ c. onion, chopped
1 (16 oz.) can cut green beans
1 can condensed tomato soup
5 medium potatoes, cooked
½ c. milk
1 egg, beaten
½ c. velveeta

In a large skillet, cook meat and onion. Add ½ tsp. salt and a dash of pepper. Add beans and soup. Pour into greased casserole dish. Mash potatoes while hot and add milk and egg. Season with salt and pepper. Spoon in mounds over meat. Sprinkle potatoes with cheese. Bake at 350° for 25-30 minutes.

Hamburger Upside-Down Casserole

Mike Sanders

2 ½ c. macaroni
3 Tbsp. butter
½ c. onion, minced
1 lb. hamburger
1 (8 oz.) can tomato sauce
1 tsp. salt
¼ tsp. pepper
¼ tsp. oregano
8 oz. cheddar cheese, shredded
3 eggs, beaten
¾ c. milk

Cook macaroni in boiling water. Drain. Saute onion in butter until tender. Add hamburger, cook until brown. Stir in tomato sauce, salt, pepper and oregano. Simmer a few minutes, then spread over bottom of greased 2 qt. casserole dish. Toss cheese with drained macaroni. Arrange on top of meat mixture, packing it down. Combine beaten eggs and milk, pour over macaroni. Bake at 350° for one hour or until macaroni is golden and custard is set. Remove from oven and let set 15 minutes, loosen around edges and turn onto serving plate. Cut into serving sizes.

Husband's Delight

Denise Hearson

1 (8 oz.) pkg. skinny noodles, cooked and drained
1 clove garlic, minced
1 ½ lbs. lean ground beef
3 (8 oz.) cans tomato sauce
salt and pepper
1 Tbsp. sugar
1 c. cottage cheese
1 (8 oz.) pkg. cream cheese
¼ c. sour cream
⅓ c. onion or 3-4 green onions
¼ c. green peppers
1 c. cheddar cheese, shredded

Brown ground beef and garlic. Add tomato sauce, salt, pepper and sugar. Simmer together. Blend cottage cheese and cream cheese. Add sour cream, onion and green peppers. In a greased 9 x 13 inch casserole dish, put half of the cooked noodles, then put the cheese mixture and another layer of noodles. Cover with beef mixture and top with cheddar cheese. Bake 30 minutes at 350°.

Lasagne

Jeni Jones

5 Tbsp. oil
2 c. onion, chopped
3 (6 oz.) cans tomato paste
5 (8 oz.) cans tomato sauce
3 Tbsp. sugar
1 tsp. basil leaf
1 Tbsp. oregano
1 tsp. salt
1 tsp. pepper
1 ½ tsp. bay leaf
1 c. water
2 lbs. ground beef, browned and crumbled
1 lb. ricotta cheese
½ lb. parmesan cheese
2 medium eggs
½ lb. shredded mozzarella cheese
lasagne noodles, cooked and drained on wax paper

Mix sauce ingredients together and simmer. Beat eggs and mix with ricotta and parmesan - set aside. Layer sauce, noodles and ricotta in a 9 x 13 baking dish and top with mozzarella cheese. Bake at 350° until bubbly.

Burger Bears

JD Hager

1 lb. ground beef
¼ c. salsa
¼ c. cheddar cheese, shredded
salt and pepper

Combine ground beef, salsa, cheese, salt and pepper. Form into desired patties. This makes about 4 medium sized patties. Place on wax paper and set into freezer for a while to set the ingredients (30 minutes or so). Grill to desired doneness. Serve on buns with desired condiments.

Deluxe Hamburgers

Terri Koelsch

1 lb. hamburger
1 hard boiled egg, chopped
1 small onion, diced
1 (8 oz.) can tomato sauce
1 pkg. hamburger buns
8 slices of cheese

Brown hamburger and onion. Drain. Take the top part of your bun and scoop out a hole (about the size of an ice cream scoop). Add these bread crumbs to your hamburger and onion mixture. Add egg and tomato sauce. Mix well. Fill the hole in the bun. Put a slice of cheese on your bottom part of the bun. Put together and wrap in foil. Bake 30 to 35 minutes at 350°.

May be kept in refrigerator for weeks.

Double-Decker Mushroom Beef Burgers

JD Hager

For the Mushrooms:

- ½ c. canola oil
- 2 Tbsp. dijon mustard
- 2 Tbsp. soy sauce
- ½ tsp. freshly ground black pepper
- ¼ tsp. kosher salt
- 4 portabella mushrooms, stems removed

For the Beef:

- 1 lb. ground beef
- 1 tsp. soy sauce
- ½ tsp. ground pepper
- ½ tsp. granulated onion
- ½ tsp. kosher salt

In small bowl, whisk together the oil, mustard, soy sauce, pepper and salt for the mushrooms. Brush the mushrooms generously on both sides with this mixture.

In a medium bowl, gently but thoroughly mix all the beef ingredients. Gently shape the mixture into four patties.

Grill the mushrooms until tender, 12 to 15 minutes, turning and basting occasionally with the oil mixture. Grill the patties until well done, 4 to 6 minutes, turning once halfway through grilling. Brush the cut sides of the hamburger buns with melted butter, grill until toasted, 30 to 60 seconds. Build burgers on the buns with the mushrooms, beef patties, and whatever else you want on them. Serve warm.

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BAY

Barbecued Meatballs

Vicki Prescott

Meatballs:

3 lbs. hamburger
1 c. milk
2 c. quick oats
2 eggs
1 tsp. salt
1 tsp. worcestershire
1 Tbsp. onion, chopped
½ tsp. garlic salt
½ tsp. pepper
1 tsp. chili powder

Barbecue Sauce:

2 c. brown sugar
2 c. catsup
1 tsp. mustard
1 tsp. salt
1 tsp. chili powder
1 tsp. worcestershire

Mix meatball ingredients in bowl. Make into 2 inch balls, place in 9 x 13 pan. Mix barbecue sauce ingredients and pour over meatballs. Bake uncovered at 350° for 1 hour.

Barbecued Meatballs

Terri Koelsch, JD Hager & Nolen Taton

Meatballs:

3 lbs. hamburger
2 c. quick oats
1 (13 oz.) can evaporated milk
2 eggs
1 c. onion, chopped
½ tsp. garlic powder
2 tsp. salt
½ tsp. pepper
2 tsp. chili powder

Sauce:

2 c. catsup
1 ½ c. brown sugar
2 Tbsp. liquid smoke
½ tsp. garlic powder
½ c. onion, chopped

Mix meatball ingredients and shape into walnut-sized balls. Place in flat pan in one layer.

Dissolve sauce ingredients and pour over meatballs. Bake at 350° for 1 hour.

Mini-Magic Meatballs

Di Fisher

Meatballs:

- 2 lbs. ground beef
- 2 c. small torn pieces of white bread (about 2 slices)
- 1 pkg. dry onion soup mix
- 1 egg, slightly beaten
- 1 Tbsp. dried parsley flakes

Magic Sauce:

- 1 c. catsup
- ⅓ c. lemon juice
- ⅓ c. grape jelly

In a large mixing bowl, combine all ingredients, except the Magic sauce. Shape meat mixture into 1 inch balls and arrange in large glass baking dish.

Mix magic sauce together well and pour over meatballs. Bake in preheated 350° oven for about 45 minutes or until done. If necessary, spoon off excess fat.

Sweet and Sour Meatballs

Paula Rixon

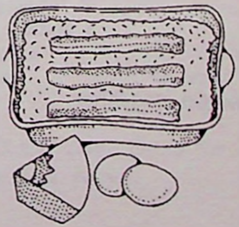
Meatballs:

- 1 lb. ground beef
- 1 c. cracker crumbs
- ½ c. milk
- salt and pepper to taste

Sauce:

- ¼ c. vinegar
- 1 c. catsup
- ½ c. sugar
- 3 Tbsp. worcestershire sauce
- onion and green pepper, chopped (to taste, as much as 1 cup)

Mix together meatball ingredients and shape into small balls the size of walnuts. Place in 7 x 11 inch baking dish. Mix together sauce ingredients and pour over meatballs. Bake uncovered in 350° oven for 1 hour.



Rio Grande Supper

Terri Koelsch

1 lb. ground beef
½ c. onion, chopped
½ c. green peppers, chopped
12 oz. can whole kernel corn
1 Tbsp. chili powder
8 oz. jar jalapeno pepper Cheez Whiz
¾ c. Kraft barbecue sauce
corn chips

Brown meat; drain. Add onion and green peppers; cook until tender. Stir in corn, Cheez Whiz, barbecue sauce and chili powder. Simmer 20 minutes, stirring occasionally. Top with corn chips. Serve hot.

Meat Roll

Craig Fisher

2 c. baking mix, Bisquick
1 ½ lbs. hamburger
1 can cream of mushroom soup
½ lb. velveeta
¾ c. milk
1 small onion, diced
2-4 Tbsp. hot sauce

Combine baking mix and ½ c. milk. Roll on floured surface to form a rectangle. Place on a cookie sheet, set aside. Brown hamburger and onion. Add soup and hot sauce to meat. Spoon meat onto center of the pastry, in a long line. Fold the long sides of the pastry toward the center of the meat, completely covering the meat mixture, and pinch the dough on the ends. Make a few small slashes on top. Bake 25-30 minutes at 350°.

Slice cheese into small chunks, add milk. Microwave until cheese is melted. Cheese should be thin and runny. Offer cheese and hot sauce when serving this meat roll.

Sloppy Joes For A Crowd

Lisa Cornwell

20 lbs. hamburger, browned
5 sacks onions, chopped
4 large green peppers, chopped
1 c. brown sugar
1 c. vinegar
32 oz. bottle of catsup
½ box dry mustard
chili powder
2 large cans refried beans
1 bottle BBQ sauce

Simmer all ingredients together.

Impossible Taco Pie

Mike Sanders

1 lb. ground beef	3 eggs
½ c. onion, chopped	2 tomatoes, sliced
1 pkg. taco seasoning mix	1 c. cheddar cheese, shredded
4 oz. green chilies, diced	sour cream
¼ c. milk	lettuce, shredded
¾ c. Bisquick	tomatoes, diced

Preheat oven to 400°. Grease a 10 inch pie plate. Brown beef and onion over medium heat and stir in seasoning mix. Spread in the pie plate, sprinkle with green chilies. Beat milk, Bisquick and eggs until smooth. Pour into pie plate. Bake for 25 minutes. Top with tomatoes, sprinkle with cheese. Bake until knife inserted in the center comes out clean, about 8 to 10 minutes. Cool for 5 minutes before serving. Serve with sour cream, chopped tomatoes and shredded lettuce if desired.

Mexican Layered Casserole

Brenda Reno

1 (15 oz.) can ranch-style beans	1 lb. ground beef
1 (10 oz.) can tomatoes with green chilies	1 medium onion, chopped
2 (10 oz.) cans cream of mushroom soup	1 envelope taco seasoning
1 c. water	1 (12-count) pkg. corn tortillas, cut in half
	16 oz. cheddar cheese, shredded

Preheat the oven to 350°. Combine the beans, tomatoes, soup and water in a bowl; mix well. Brown the ground beef and onion in a skillet, stirring until the ground beef is crumbly; drain. Mix the taco seasoning using the package directions. Add to the ground beef. Alternate layers of tortillas, meat, bean mixture and cheese in a 9 x 13 baking pan coated with nonstick cooking spray until all ingredients are used. Bake for 25 minutes.

Mexican Casserole

Lisa Cornwell

2 lbs. hamburger, browned	1 - 2 cans kidney beans
2 cans enchilada sauce	½ sack fritos
2 cans tomato sauce	1 pkg. shredded cheese

Mix and put in 13 x 9 pan. Bake for 25-30 minutes. Cover with remaining fritos and serve.

Quesadilla Casserole

Terri Koelsch

12 slices Cheddar cheese
12 slices Monterey Jack cheese
12 large tortillas
1 medium onion, finely chopped
1 (4 oz.) can green chilies, chopped

Sauce:

3 Tbsp. oleo
3 Tbsp. flour
1 c. milk
1 c. shredded pasteurized processed cheese
1 c. sour cream
1 can green chile enchilada sauce

Equal amounts of shredded cheese may be substituted for the slices.

Prepare quesadillas by stacking one slice of each kind of cheese near the edge of a tortilla. Top with a rounded teaspoon each of onion and chilies. Roll tortillas up around cheese, folding ends under to form 12 little packages. Place in greased casserole, overlapping if necessary to fit.

Melt oleo and stir in flour. Add milk and stir until thickened. Remove from heat and add processed cheese and sour cream. Stir until melted. Add enchilada sauce. Pour over quesadilla packages in casserole. Bake at 325° for 30 minutes or until piping hot.

Taco Casserole

JD Hager

- 1 lb. ground beef
- 1 can (15 oz.) chili beans in sauce, undrained
- 1 can (8 oz.) tomato sauce
- 2 Tbsp. taco sauce, picante sauce or salsa
- 2 to 4 tsp. chili powder
- 1 tsp. garlic powder
- 2 c. coarsely broken tortilla chips
- 1 c. sour cream
- 8 medium green onions, sliced (½ cup)
- 1 medium tomato, chopped (¾ cup)
- 1 c. cheddar cheese or monterrey jack cheese, shredded
- shredded lettuce and additional taco sauce or salsa, if desired

Heat oven to 350°. Cook beef in 10 inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in beans, tomato sauce, taco sauce, chili powder and garlic powder. Heat to boiling, stirring occasionally. Place tortilla chips in ungreased 2 quart casserole. Top with beef mixture. Spread with sour cream. Sprinkle with onions, tomatoes and cheese. (sliced olives can also be added) Bake uncovered 20 to 30 minutes or until hot and bubbly. Arrange additional tortilla chips around edge of casserole if desired. Serve with lettuce and taco sauce or salsa.

Tiajuana Pie

Denise Hearson

- 6 corn tortillas
- 1 ½ lbs. browned ground beef
- 1 onion, chopped
- 1 clove garlic, minced
- 1 tsp. salt
- ¼ tsp. pepper
- ¾ lb. cheddar cheese, grated
- 1 (8 oz.) can tomato sauce
- 1 (10 oz.) can enchilada sauce
- 2 (16 oz.) cans mexican-style chili beans
- 1 (6 oz.) cans sliced black olives, drained
- 1 (16 oz.) can corn

Wipe crock pot with oil. Put one tortilla on bottom. Brown together beef, onion, garlic, salt and pepper. Add sauces. Layer ⅓ of the meat mixture and some cheese, then tortilla, then ⅓ of the beans, some cheese and the corn. Continue layering tortilla, ⅓ of the meat, tortilla and ⅓ of the beans. Repeat once more. Finish with the rest of the cheese and the olives. Cover and cook on low 5-7 hours.

Filet Of Beef

Brenda Bebee

1 whole filet (4-5 lbs.)
2 Tbsp. fat
3 Tbsp. mustard
1 ½ Tbsp. worcestershire
1 tsp. garlic salt
1 tsp. salt
pepper to taste
½ Tbsp. Kitchen Bouquet
½ Tbsp. accent

Make a paste out of all ingredients and rub on meat. Bake at 400°.

Rare - 45 minutes.
Medium - 1 hour.
Baste often. Rest 10 minutes before slicing.

French Dip Sandwich

Paula Rixon

3 lbs. arm roast, browned
3 squirts of catsup
sprinkle of worcestershire sauce
onion soup mix
sprinkle of thyme
sprinkle of pepper

Place roast in crockpot. Top with next 5 ingredients and cover with 1 - 2 cups of water. Cook in crockpot on low 10 hours. Shred beef and serve on buns. Use sauce as dip for sandwich.

Kansas Salsa Beef

Dale Paulsen

1 ½ lbs. chuck steak, cubed
1 Tbsp. olive oil
1 ½ c. salsa
2 Tbsp. brown sugar
1 clove garlic, minced
2 Tbsp. soy sauce
2 Tbsp. cilantro
1 lime
rice, noodles or potatoes

Brown meat in oil in an uncovered skillet. Add salsa, brown sugar, garlic, cilantro and soy sauce. Cover and simmer 1 ½ hours over low heat or until beef is tender. Remove cover last 30 minutes of cooking. Squeeze juice of 1 lime over meat just before serving. Garnish with lime wedges. Serve over rice, noodles or potatoes.

Easy Swiss Steak

Lisa Cornwell

1 c. catsup
½ c. flour
5 ft. length foil
2 lbs. round steak
salt
onion slices
2 Tbsp. lemon juice

Combine catsup and flour. Place ½ mixture on foil. Place steak on catsup mixture; season with salt and pepper. Cover meat with onion slices, cover meat and onions with remaining mixture. Sprinkle with lemon juice. Place in a 9 x 13 pan and bake 2 hours at 350°.

Harvest Special

Lisa Cornwell

sirloin steak
1 can stewed sliced tomatoes
1 small can tomato juice
½ tsp. salt
2 cans red beans
1 Tbsp. chili powder
Minced onion

Put steak in a roaster. Pour ingredients over steak. Bake covered at 275° for 4-5 hours.

Pepper Steak

Vicki Prescott

1 ½ lbs. top beef round or sirloin steak, ¾ to 1 inch thick
¼ c. salad oil
1 c. water
1 medium onion, cut into ¼ inch slices
½ tsp. garlic salt
¼ tsp. ginger
2 medium green peppers, cut into strips
1 tsp. cornstarch
2 to 3 tsp. sugar
2 Tbsp. soy sauce
2 medium tomatoes
Hot cooked rice

Trim fat from meat and cut into strips. Heat oil in large skillet. Cook meat in oil, turning frequently, until brown, about 5 minutes. Stir in water, onion, garlic salt and ginger. Heat to boiling. Reduce heat; cover and simmer 12 to 15 minutes for round steak, 5 to 8 minutes for sirloin. Add green pepper strips during last 5 minutes of simmering. Blend cornstarch, sugar and soy sauce; stir into meat mixture. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Cut tomatoes into eighths; place on meat mixture. Cover; cook over low heat just until tomatoes are heated through, about 3 minutes. Serve over rice.

Pepper Steak

Terri Koelsch

Round steak, cubed
½ c. catsup
½ c. water
1 beef bouillon cube
3 Tbsp. soy sauce
1 tsp. salt
½ tsp. pepper
onions, diced
1 c. pepper rings
1 can mushrooms

Brown cubes of round steak, add other ingredients. Bake at 325° for 45 minutes. Cover to bake.

Red Flannel Hash

Brenda Reno

1 small onion, chopped
1 Tbsp. butter or margarine
2 c. chopped, cooked corned beef
2 c. cubed, cooked potatoes
1 tsp. salt
1 c. chopped beets, with some juice

Saute onion in butter. Add remaining ingredients. Heat for 20 minutes. Brown under broiler for 2 minutes just before serving.

Summer Sausage

Alice TenEyck

2 lbs. medium lean hamburger
2 Tbsp. Morton's Tender Quick
¼ tsp. garlic salt
¼ tsp. onion salt
2 tsp. liquid smoke
1 c. water

Mix well and make into 2 (2-inch) rolls; wrap in saran wrap. Chill 24 hours. Remove wrap and bake on a rack at 300° for 1 ½ hours.

Whole Beef Tenderloin

Brenda Bebee

1 stick butter, melted
1 Tbsp. worcestershire sauce
1 Tbsp. lemon juice
1 tsp. garlic salt
1 whole tenderloin

Combine all ingredients and marinate meat all day. Preheat oven to 500°. Turn down to 350° - 375° when you place meat in oven. Bake 30 minutes.

Gilbertini

Di Fisher

- 2 cloves of garlic
- ¼ c. margarine
- ¼ c. flour
- 2 c. milk
- ¾ tsp. salt
- pepper
- 1 lb. sausage, browned
- 8-10 oz. pasta trio, cooked and drained
- 6 oz. mozzarella, shredded
- ¼ c. cheddar cheese, shredded
- parmesan to taste

Saute garlic in margarine. Add flour, milk, salt and pepper to make a white sauce. Mix cooked sausage and pasta with white sauce. Put in a 9 x 13 inch pyrex dish. Top with cheese and bake at 375° for 20 minutes.

Baked Glazed Ham

Paula Rixon

- 2 Tbsp. sugar
- 1 Tbsp. paprika
- 1 Tbsp. chili powder
- 1 tsp. ground cumin
- ¾ tsp. ground cinnamon
- ½ tsp. ground cloves
- 1 (8 lb.) smoked fully cooked ham half, trimmed
- 1 (12 oz.) can cola soft drink
- 1 (8 oz.) jar plum or apricot preserves
- ⅓ c. orange juice

Combine first 6 ingredients. Score fat on ham in a diamond pattern. Sprinkle ham with sugar and spice mixture, and place in a lightly greased shallow roasting pan. Pour cola into pan. Bake, covered, at 325° for 1 hour. Uncover and bake 15 more minutes.

Stir together preserves and orange juice. Spoon ¾ cup glaze over ham, and bake 15 more minutes or until a meat thermometer inserted into thickest portion registers 140°. Let stand 15 minutes before slicing. Serve with remaining glaze.

Creamy Ham Casserole

Paula Rixon

8 oz. uncooked egg noodles
1 (10 ¾ oz.) can cream of mushroom soup, undiluted
1 (8 oz.) container chive & onion flavored cream cheese, softened
⅔ c. milk
2 c. chopped, baked, glazed ham
1 ½ c. fresh broccoli flowerets
1 (10 oz.) pkg. frozen asparagus, thawed
6 baby carrots, chopped
1 (8 oz.) pkg. shredded mozzarella cheese
1 (4 oz.) pkg. shredded cheddar cheese
½ c. crushed seasoned croutons

Cook pasta according to package directions; drain.

Stir together soup, cream cheese and milk in a large bowl. Stir in pasta, ham and next 3 ingredients. Spoon half of ham mixture into 2 lightly greased 8-inch square baking dishes.

Combine cheeses. Sprinkle half of cheese mixture over casseroles. Spoon remaining ham mixture over cheeses.

Combine remaining cheese mixture with croutons. Sprinkle over casseroles. Wrap one casserole in heavy-duty aluminum foil, and freeze up to 1 month.

Bake other casserole at 400° for 30 minutes or until lightly browned.

Note: Thaw frozen casserole in the refrigerator overnight. Bake at 400° for 35 to 40 minutes.

Ham Supreme

Dale Paulsen

1 ½ lbs. ground ham
1 ½ lbs. ground fresh pork
3 eggs
1 ¼ c. bread crumbs
1 ¼ c. milk
¼ c. catsup
1 Tbsp. mustard
10 pineapple rings, drained (reserve liquid for glaze)

Spicy Glaze:

1 c. brown sugar
¼ c. pineapple syrup
2 Tbsp. vinegar
1 Tbsp. mustard

Combine ingredients; place in 9 x 13 pan; top with pineapple rings. Bake 45 minutes at 325°. Pour spicy glaze over ham. Bake 45 more minutes.

Mexicali Pork Chop Casserole

JD Hager

- 1 Tbsp. margarine
- 1 large yellow onion, halved and sliced thin
- ½ medium sweet green pepper, cored, seeded and cut into 1-inch squares
- ½ medium red pepper, cored, seeded and cut into 1-inch squares
- 1 can Ro-tel tomatoes
- 1 c. frozen whole-kernel corn, thawed and drained
- 4 lean rib pork chops (about 1 lb.), trimmed of fat

Preheat oven to 350°. Melt the margarine in a heavy 10-inch skillet over moderate heat; add the onion, red pepper, green pepper and cook, uncovered, about 5 minutes. Add the tomatoes and corn; raise the heat to high and cook uncovered, 5 minutes longer. Transfer to an ungreased shallow 1 ½ qt. casserole or 9-inch pie pan.

In the same skillet over moderate heat, cook the pork chops for 2 minutes on each side. Lay the chops on top of the vegetable mixture.

Cover with aluminum foil and bake for 12 to 15 minutes or until pork chops are done.

One Dish Pork Chop Bake

Nolen Taton

- 1 pkg. Stove-Top Long Grain and Wild Rice Stuffing mix
- 4 (1-inch) thick boneless pork chops
- 1 can cream of mushroom soup
- ⅓ c. sour cream

Mix 1 ⅔ c. warm water with the stuffing mix and set aside. Place the chops in a 2-qt. deep baking dish. Mix soup and sour cream together and spread over the chops. Cover with stuffing mix. Bake 60 - 65 minutes at 375°.

Peach-Glazed Stuffed Pork Chops

Denise Hearson

- 1 (8 ½ oz.) can of sliced peaches
- ⅓ c. hot water
- 2 Tbsp. margarine
- 2 c. Stove-Top Chicken Flavor Stuffing mix
- 4 (1-inch thick) pork chops with pocket cut for stuffing
- ½ c. peach preserves
- 2 Tbsp. dijon mustard

Heat oven to 350°. Drain and dice peaches, reserving syrup. Mix water and margarine in bowl; stir in stuffing mix, peaches and syrup. Fill pork chop pockets with stuffing. Arrange pork chops in 13 x 9 baking pan. Mix preserves and mustard; brush over chops. Bake 60 minutes or until cooked through. Bake any remaining stuffing in a casserole 30 minutes.

Pizza Cups

Jeni Jones

- Canned biscuits
- Pizza sauce
- Assorted toppings
- Mozzarella cheese
- Cheddar cheese
- Parmesan cheese

Grease muffin pans. Spread biscuit in muffin pan. Layer sauce, toppings and parmesan. Top with cheeses. Bake at 350° until cheese is bubbly.

Mom's Pizza Minis On Rye

Lisa Cornwell

- ¼ lb. grated swiss cheese
- 2 oz. bacon bits
- ½ c. mayo
- 2 oz. chopped green olives
- 2 Tbsp. minced onion
- 2 tsp. parsley flakes
- Party size mini rye bread loaf

Mix ingredients together and spread on rye. Bake 5 minutes at 450°. Spread keeps in refrigerator.

Plantation Casserole

Vicky Mansel

1 lb. pork sausage, browned and drained
1 ½ c. frozen peas, thawed
1 (16 oz.) can corn, cream-style
¼ lb. processed American cheese, cubed
1 (12 oz.) can evaporated milk, divided
1 Tbsp. Worcestershire sauce
1 c. biscuit mix
½ c. cornmeal
2 Tbsp. sugar
½ tsp. salt
1 egg, beaten

Mix meat, peas, corn, cheese, ½ c. evaporated milk and Worcestershire sauce. Pour into a greased 8 x 12 inch baking dish. Bake at 400° for 10 minutes, or until mixture is bubbly around edges. Combine biscuit mix, cornmeal, sugar, salt, and beaten egg. Add remaining milk and mix well. Pour around edges of hot meat mixture, leaving center uncovered. Bake for 20 minutes longer.

May substitute cooked ham, chicken, or beef for the pork sausage.

Stuffed Crust Pizza

Terri Koelsch

3 c. Bisquick
⅔ c. very hot water
2 Tbsp. vegetable oil
4 string cheese pieces, cut lengthwise in half
1 (8 oz.) can pizza sauce
1 ½ c. shredded mozzarella cheese
favorite pizza toppings

Stir Bisquick, water and oil until soft dough forms; beat vigorously 20 strokes. Let stand 8 minutes. Move oven rack to lowest position. Heat oven to 450°. Grease 12-inch pizza pan. Pat or press dough in bottom and 1 inch over side of pizza pan. Place string cheese along edge of dough. Fold 1 inch edge of dough over and around cheese; press to seal. Bake 7 minutes. Spread pizza sauce over crust. Top with your favorite pizza toppings, pepperoni, hamburger, mushrooms, green peppers, etc. Sprinkle with mozzarella cheese. Bake 8 to 10 minutes or until crust is golden brown and cheese is melted.

Baked Chicken

Vicki Prescott

8 chicken breasts - skinned & boned
2 (3 oz.) pkgs. dried beef
2 c. sour cream
2 cans cream of mushroom soup
16 slices of bacon

Put dried beef in 9 x 13 casserole dish. Roll strip or two of bacon around each breast. Layer over dried beef. Cover with sour cream and cream of mushroom soup. Refrigerate overnight. Bake 3 to 4 hours at 250°.

Cashew Chicken Stir-Fry

Di Fisher

2 c. chicken broth, divided
¼ c. cornstarch
3 Tbsp. soy sauce
½ tsp. ground ginger
1 lb. boneless skinless chicken breasts, cut into ½-inch strips
2 garlic cloves, minced
½ c. thinly sliced carrots
½ c. sliced celery (½-inch pieces)
3 c. broccoli florets
1 c. fresh or frozen snow peas
1 c. cashews
hot cooked rice, optional

In a skillet, heat 3 Tbsp. of broth. Meanwhile, combine the cornstarch, soy sauce, ginger and remaining broth until smooth; set aside. Add chicken to the skillet; stir-fry over medium heat until no longer pink, about 3-5 minutes. Remove with a slotted spoon and keep warm. Add garlic, carrots and celery to skillet; stir-fry for 3 minutes. Add broccoli and peas; stir-fry for 4-5 minutes or until crisp-tender. Stir broth mixture; add to the skillet with the chicken. Cook and stir for 2 minutes. Stir in cashews. Serve over rice if desired.

Chicken Canneloni

Denise Hearson

4 chicken breasts, boneless and skinless
Italian herb spices
salt & pepper
Dijon mustard
4 slices mozzarella cheese
1 Tbsp. onion, chopped
sliced mushrooms

Tomato Sauce:

1 (15 oz.) can tomato sauce
1 clove minced garlic
½ c. chopped onion
⅓ stalk celery, chopped
salt
pepper
basil leaves
oregano leaves
1 bay leaf
1 Tbsp. oil

Cook sauce ingredients covered in microwave on ½ power for 15 minutes. Set aside.

Pound chicken breasts flat between sheets of waxed paper and sprinkle with Italian herb spices, salt and pepper. Spread each breast with a thin layer of Dijon mustard and top with a slice of mozzarella cheese and roll up. Secure with a toothpick. Roll in flour and brown in butter. Add chopped onion and mushrooms to cooked sauce. Pour sauce over chicken breasts, cover and simmer for 20 minutes. Serve over rice.

Chicken Casserole

Paula Rixon

4 chicken breasts, boneless and skinless
1 can cream of chicken soup
1 can golden mushroom soup
1 (8 oz.) pkg. grated cheddar cheese
½ c. slivered almonds
rice or noodles, cooked

Arrange chicken breasts in a 9 x 13 pan. Salt and pepper chicken. Combine soups and pour over chicken. Top with cheese and almonds. Bake at 375° for 30 to 40 minutes (or until chicken is no longer pink). Serve over rice or noodles.

Chicken Casserole

Brenda Reno

3 ½ c. cooked chicken
1 c. mayonnaise
1 c. celery
2 Tbsp. lemon juice
2 Tbsp. onion, minced
1 can cream of chicken soup
½ c. slivered almonds

Combine all ingredients and cook for 30 minutes at 350°.

Chicken Casserole

Mike Sanders

- 1 whole chicken, cooked and boned
- 1 c. macaroni, cooked and drained
- 3 c. bread crumbs, toasted in butter
- ½ to 1 lb. processed cheese spread
- salt

Place chicken in large casserole. Layer with macaroni and bread crumbs. Make gravy from chicken broth. Melt processed cheese spread in the gravy. Salt to taste. Pour gravy over chicken, macaroni and bread crumbs. Bake at 300° until done (about 30 minutes).

Chicken or Quail Gourmet

Jeni Jones

- Boneless, skinless chicken breasts or skinless quail breasts
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 1 pkg. dried beef
- 1 (8 oz.) container of sour cream
- pepper
- bacon slices
- 1 c. water or milk

Lay dried beef in bottom of casserole dish. Wrap chicken or quail with bacon. Sprinkle with pepper. Mix together soups, sour cream and water or milk. Pour over chicken or quail. Bake at 350° for approximately 1 hour.

Chicken Gumbo

Brenda Reno

- ¼ c. butter
- 2 onions, sliced
- ½ green pepper, diced
- 2 cloves garlic, minced
- 2 Tbsp. flour
- 1 (1 lb.) can tomatoes
- 2 (10 oz.) pkgs. frozen okra
- 1 (6 oz.) can tomato paste
- 4 c. cooked and cubed chicken
- 3 beef bouillon cubes
- 3 c. water
- 4 tsp. Worcestershire sauce
- 1 ½ tsp. chili powder
- ⅛ tsp. ground cloves
- pinch of dried basil
- ¼ tsp. pepper
- 1 bay leaf
- 1 tsp. salt

Melt butter in a dutch oven. Saute onions, green peppers and garlic until soft. Blend in flour. Cook over low heat, stirring constantly for 1 to 2 minutes. Stir in remaining ingredients. Cover and simmer for 45 minutes. Serve in bowls.

Chicken Dressing Casserole

Jeni Jones

- 3 lbs. boneless, skinless chicken
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 (13 oz.) can evaporated milk
- 1 (8 oz.) pkg. Stove Top stuffing mix
- ½ c. butter, melted
- ½ c. chicken broth

Cook and cube chicken. Combine soups, milk and broth - heat. Combine stuffing mix and butter. Spread ½ stuffing in 9 x 13 greased pan. Layer chicken and soups. Top with remaining stuffing. Bake at 350° for 35 minutes.

Chicken Diablo

Mike Sanders

- 6 chicken breasts
- 4 Tbsp. melted butter
- ½ c. honey
- ¼ c. mustard
- 1 tsp. salt
- 1 tsp. curry powder
- 4 strips well done bacon, crumbled

Bake chicken in 350° oven for 30 minutes. Baste with sauce for the last 15 minutes and finally top with crumbled bacon.

Chicken Dijon With Noodles

Denise Hearson

- 2 Tbsp. butter or margarine
- 4 boneless, skinless chicken breasts
- 1 medium onion, chopped
- 1 can cream of mushroom soup
- ¼ c. apple juice or milk
- 1 Tbsp. Dijon mustard
- 1 tsp. dried parsley flakes
- 4 c. hot cooked noodles

Heat butter in skillet. Add chicken and cook until browned. Remove chicken. Add onion and cook until tender. Add soup, apple juice or milk, mustard and parsley. Heat to a boil. Return chicken to pan. Cover and cook over low heat 5 minutes or until done. Serve with noodles.

Chicken Enchiladas

Di Fisher

12 flour tortillas	¼ c. flour
2 (8 oz.) pkgs. Monterey Jack cheese	2 c. chicken broth
¾ onion, chopped	1 c. sour cream
¼ c. butter or margarine	1 (4 oz.) can green chilies
	baked chicken

Spicy Sauce:

1 tomato, finely chopped	¼ c. tomato juice
½ c. onion, chopped	½ tsp. salt
2 jalapenos (optional)	

Place 2 Tbsp. cheese, ½ Tbsp. onion and chopped chicken in each tortilla and roll up. Place in pyrex baking dish seamside down. Melt butter; blend flour and add broth. Cook, stirring constantly, until thick. Stir in sour cream and peppers. Cook, but do not boil. Pour over tortillas. Bake at 350° for 30 minutes. Sprinkle remaining cheese on top and cook 5 more minutes. Mix spicy sauce and pour over enchiladas.

Chicken Enchiladas

Mike Sanders

6 chicken breasts, halved, cooked and diced	1 pkg. medium flour tortillas
1 medium onion, chopped and sauteed	1 can cream of chicken soup
8 oz. cream cheese, softened	¾ c. water
1 small can green chilies, chopped	8 oz. sour cream
	shredded cheddar cheese

Combine chicken, onion, cream cheese and chilies. Spoon into flour tortilla and roll up. Place in greased pyrex baking dish seam side down. Combine soup, water and sour cream. Pour over top of tortillas. Bake in preheated 350° oven for 35 to 40 minutes. Sprinkle with cheddar cheese and heat to melt. May be served with rice and beans. May be frozen but omit cheese before freezing.

Chicken On Sunday

Mike Sanders

- 1 box rice
- 1 box wild rice
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- ¾ c. milk
- 1 chicken, cut up
- 1 pkg. onion soup mix

Grease bottom of 13 x 9 pan. Combine soups and milk. Stir in rice. Heat and pour into pan. Lay chicken pieces on top. Scatter onion soup mix over top. Cover with foil. Bake in slow oven (325°) for 2 hours or 350° for 1 hour.

Chicken Stir-Fry

Mike Sanders

- 4 Tbsp. soy sauce
- 1 Tbsp. water
- 2 lbs. boneless, skinless chicken breasts
- 2 Tbsp. oil
- ⅓ lb. fresh mushrooms, sliced
- 1 pkg. frozen stir-fry veggies

Cut chicken into strips; toss with soy sauce. Heat oil in skillet first, then add chicken; stir-fry for 2 to 3 minutes. Add mushrooms and veggies; cover and cook for 5-7 minutes. Serve immediately (on cooked rice and/or crisp chow mein noodles).

Chicken Tetrazzini

Terri Koelsch

- 1 large hen
- chicken broth
- 12 oz. spaghetti
- 2 cans cream of mushroom soup
- 1 onion, chopped
- 1 green pepper, chopped
- ¾ c. oleo, melted
- ⅔ c. flour
- 4 c. milk
- ¾ - 1 lb. Velveeta cheese

Cover chicken with water and cook. Debone and chop chicken into small pieces. Reserve broth. Cook 4-5 cups boiling broth, spaghetti, mushroom soup, onion and green pepper together for 10 minutes. To make the white sauce, melt oleo and stir in flour. Add milk and stir until thickened. Cube and melt in the cheese. Add all mixtures together; chicken, spaghetti mixture and white sauce. Bake at 350° for 30 minutes. Makes 2 (9 x 13) casseroles. May be frozen.

Chili Chicken With Cornmeal Dumplings

Terri Koelsch

- 2 c. cut-up cooked chicken
- 1 (15 oz.) can tomato sauce
- 2 (15 oz.) cans spicy chili beans in sauce, undrained
- 1 (8 oz.) can whole kernel corn, undrained
- 1 ½ c. Bisquick, Original or Reduced Fat
- ½ c. cornmeal
- ⅔ c. milk
- ½ c. shredded Cheddar cheese

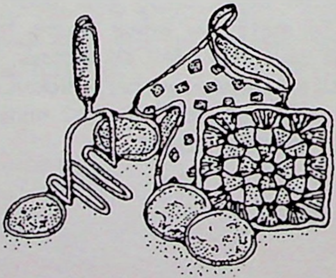
Mix chicken and tomato sauce in dutch oven. Heat to boiling; reduce heat. Cover and simmer 5 minutes, stirring occasionally. Stir in beans and corn. Heat to boiling; reduce heat to low. Mix Bisquick, cornmeal and milk until soft dough forms. Drop dough by 12 spoonfuls onto hot chili (do not drop directly into liquid). Cook uncovered over low heat 10 minutes. Cover and cook 10 minutes longer. Sprinkle with cheese. Cover and cook about 3 minutes or until cheese melts.

Cranberry Chicken

Brenda Reno

- 6 whole boneless, skinless chicken breasts
- 1 pkg. onion soup mix
- 1 (16 oz.) can whole cranberry sauce
- 1 (8 oz.) bottle of French dressing

Preheat the oven to 350°. Rinse the chicken and pat dry. Place in a 9 x 13 pan. Pour a mixture of the remaining ingredients over the chicken. Bake for 1 hour or until cooked through.



Honey-Ginger Chicken

Brenda Bebee

3 Tbsp. shortening
3 Tbsp. butter or margarine
⅓ c. all-purpose flour
¾ tsp. salt
½ tsp. ground ginger
¼ tsp. pepper
3 lbs. chicken drumsticks and thighs

Sauce:

⅓ c. honey
⅓ c. soy sauce
⅓ c. chili sauce
½ tsp. ground ginger

Heat oven to 425°. Heat shortening and butter in baking pan, 13 x 9 x 2, in oven until melted. Mix flour, salt, ginger and pepper. Coat chicken pieces thoroughly with flour mixture. Place chicken skin sides down in pan. Bake uncovered 30 minutes. Turn chicken; bake 15 minutes. Remove chicken. Drain fat; line pan with aluminum foil. Return chicken to pan.

Mix honey, chili sauce, soy sauce and ginger; pour on chicken. Bake 15 minutes, spooning honey mixture onto chicken every 5 minutes. Serve immediately or refrigerate and serve chilled.

King Ranch Chicken

Brenda Reno

2 ½ lbs. cooked chicken
¾ c. onion
½ tsp. chili powder
1 can rotel tomatoes
1 (6 ½ oz.) pkg. tortilla chips
1 can cream of chicken soup
1 can cream of mushroom soup
½ lb. grated cheese

Crush chips. Spread in casserole or 9 x 13 pan. Mix together all other ingredients except cheese and pour over chips. Top with cheese. Bake at 350° for 40 minutes.

Orange-Glazed Chicken

Brenda Reno

6 chicken breast halves, boned & skinned
½ tsp. salt
¼ c. butter or margarine
2 Tbsp. flour
⅛ tsp. cinnamon
dash of ginger
1 ½ c. orange juice
½ c. slivered almonds, toasted
½ c. seedless raisins
1 c. mandarin oranges or fresh orange sections

Sprinkle chicken with ¼ tsp. of the salt. Brown chicken in melted butter. Remove from pan and set aside. Blend flour, remaining salt, cinnamon and ginger into pan drippings to make a smooth paste. Gradually add orange juice, stirring constantly. Cook and stir until sauce thickens. Return chicken to pan. Add almonds and raisins. Cover and cook over low heat, about 45 minutes, or until chicken is tender. Add orange sections and heat through.

Oven Fried Chicken With Buttermilk Gravy

Denise Hearson

½ c. fine dry seasoned bread crumbs
2 Tbsp. grated Parmesan cheese
½ tsp. paprika
4 boneless, skinless chicken breasts
3 Tbsp. margarine, melted
1 (1 oz.) envelope chicken gravy mix
1 ⅓ c. buttermilk

In a shallow dish combine bread crumbs, parmesan cheese and paprika. Set aside. Rinse chicken; pat dry with paper towels. Brush chicken with melted margarine. If desired, sprinkle with salt and pepper. Dip chicken into crumb mixture, turning to coat. Place in baking pan, Bake at 425° uncovered for 30 to 35 minutes or until done. Prepare gravy according to directions except use buttermilk instead of water. Serve with chicken.

Rice Smothered Chicken Breasts

Nolen Taton

1 pkg. Lipton dry onion soup mix	2 ½ c. water
1 can cream of mushroom soup	1 c. white grain rice
	4 - 6 boneless, skinless chicken breasts

Place chicken in a deep casserole baking dish. Mix the four ingredients together and pour over chicken. Cover with heavy foil. Bake at 350° for 30 minutes; remove foil and continue baking another 30 minutes.

Sunday Chicken Supper

Vicky Mansel

4 medium carrots, cut into 2-inch pieces	4 slices bacon, cooked and crumbled
1 celery rib, cut into 2-inch pieces	1 ½ c. hot water
2 c. green beans, canned	2 tsp. chicken bouillon
5 small red potatoes, quartered	1 tsp. salt
1 whole chicken, cut up	½ tsp. thyme
	½ tsp. basil
	1 pinch pepper

In a 5 quart slow cooker, layer the first six ingredients in the order listed. In a bowl, combine the remaining ingredients; pour over the top. Do not stir. Cover and cook on low for 6 - 8 hours or until vegetables are tender and chicken juices run clear. Remove chicken and vegetables. Thicken juices for gravy if desired.

Swiss Chicken and Ham Roll-Ups

Denise Hearson

1 ½ c. cubed cooked chicken	6 slices boiled ham
1 (10 ¾ oz.) can condensed cream of chicken soup	¼ c. sour cream
2 c. cooked rice	¼ c. milk
1 green onion, thinly sliced	½ c. shredded swiss cheese
	paprika

In a mixing bowl, combine chicken, ⅓ c. soup, and onion. Spoon ¼ c. mixture on each ham slice and roll up. Secure with toothpick. Spread rice in a shallow microwave dish and place roll-ups on top. Mix remaining soup with sour cream and milk. Pour over ham rolls. Cook 12 - 14 minutes in the microwave. Sprinkle with cheese and paprika. Cover and let stand 5 minutes.

Home-Style Turkey and Potato Bake

JD Hager

- 3-4 servings instant mashed potatoes
- 4 medium green onions, sliced
- 2 c. cooked and chopped turkey
- 1 lb. frozen mixed vegetables, thawed and drained
- 1 (12 oz.) jar home-style turkey gravy
- ¼ tsp. poultry seasoning
- paprika

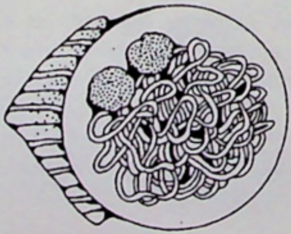
Heat oven to 350°. Spray 2 quart casserole with cooking spray. Make mashed potatoes as directed on package. Stir in onions. Heat turkey, vegetables, gravy and poultry seasoning to boiling in a 2 quart saucepan over medium heat. Pour turkey mixture into casserole. Spoon or pipe potatoes around edge of casserole. Bake uncovered about 30 minutes or until heated through and potatoes are light brown. Sprinkle with paprika (optional).

Salmon Patties

JD Hager

- 1 can pink salmon, flaked; reserve 3 Tbsp. of liquid
- ½ c. saltine cracker crumbs
- 1 egg, lightly beaten
- ¼ c. finely chopped celery
- 2 Tbsp. finely chopped onion
- ¼ tsp. salt
- ⅛ tsp. ground black pepper
- 1 Tbsp. vegetable oil
- hamburger buns (if desired)

Combine: Salmon and reserved liquid, cracker crumbs, egg, celery, onion, salt and pepper in medium bowl. Shape into patties. This makes 4 large or 5 medium-sized patties. Wrap patties in wax paper and set them in the freezer for about 30 minutes to firm them up. Heat oil in a large skillet over medium heat. Add patties and cook for 3 to 4 minutes on each side or until heated through. Serve them with choice of toppings.



Biscuits and Sausage Gravy

JD Hager

- 1 lb. sausage, cooked and drained (reserve 2 Tbsp. of grease for gravy)
- 2 Tbsp. flour
- 2 c. milk
- 1 pkg. biscuits (prepare according to directions)

Combine 2 Tbsp. flour with the reserved sausage grease. Slowly add 2 c. milk. Stir until smooth and just boiling. Add cooked sausage. As soon as the biscuits come out of the oven, coat them with butter. Cut the biscuits in half and cover with desired amount of sausage gravy.

Croissant Eggwiches

Terri Koelsch

- 3 eggs, beaten
- 3 Tbsp. milk
- ¼ tsp. salt
- pepper
- ¼ c. diced ham
- 1 Tbsp. minced onion
- 4 croissants, sliced horizontally
- 2 slices cheese, cut in half diagonally
- 1 Tbsp. butter

Combine first 6 ingredients, mixing well. Melt butter in a large non-stick skillet over medium heat, tilting pan to coat bottom; add egg mixture. Cook without stirring until mixture begins to set on bottom. Draw a spatula across bottom of pan to form large curds. Continue until eggs are thickened, but still moist; do not stir constantly.

Spoon egg mixture evenly onto cut sides of croissant bottoms. Top with a slice of cheese and croissant tops. Place sandwiches on a baking sheet; bake at 350° for 8 minutes or until cheese melts and croissants are melted.

Ham and Potato Casserole

JD Hager

- 1 c. ham, chopped into 1-inch squares
- 3 c. frozen hash browns
- 8 eggs
- 1 ½ c. milk
- 1 ½ c. shredded cheddar cheese

Grease 9 x 13 pan. Cover bottom with ham. Scatter hash browns over top. In bowl beat eggs and milk until smooth. Pour over ham and hash brown mixture. Top with cheddar cheese. Cover and refrigerate overnight. Cook 40 - 45 minutes at 350°. Let stand 10 minutes to set.

Mexican Breakfast Wraps

Nolen Taton

½ lb. bulk pork sausage	10 large eggs
1 medium onion, peeled and finely chopped	½ tsp. salt
1 (4 oz.) can diced green chilies	½ tsp. pepper
	6 flour tortillas, 10 inch
	2 c. shredded cheddar cheese

Preheat oven to 200°. Stir sausage, onion, and chilies together over medium -high heat until meat is crumbled and browned, about 15 minutes. Drain off fat. Beat eggs to blend with ⅓ c. water, salt and pepper. Pour eggs into meat mixture in frying pan; stir, scraping pan bottom often, until eggs are set, about 3 minutes for creamy eggs. Lay flour tortillas flat on counter. Spoon an equal portion of meat and egg mixture in a circle to within 1-inch of all edges. Sprinkle evenly with cheese. To form each burrito, fold the bare 1-inch wide edge over filling, then roll snugly from an open edge to enclose. Set burritos slightly apart, seam side down in a baking pan. Seal pan with foil. Bake until cheese is melted, 15 to 20 minutes. Serve with salsa.

Baked Omelet

Vicki Prescott

croutons, plain or seasoned	1 tsp. prepared mustard
2 to 3 c. shredded cheddar cheese	salt
	pepper
8 eggs	minced onion
4 ½ c. milk	1 lb. sausage

Grease 9 x 13 pan. In the bottom, place the croutons. On top of the croutons, place cheese. In a separate bowl, beat eggs, milk, mustard, salt, pepper and onion. Pour this mixture over the croutons and cheese. In a skillet, brown sausage. Drain well and crumble over the rest. Bake at 325° for one hour.

It is best if it is made the night before, refrigerated, and baked in the morning as the egg - milk mixture soaks into the croutons. Equivalent amounts of bacon or ham/green pepper may be substituted for the sausage.

Breakfast Brunch Casserole

JD Hager

- 1 lb. cooked and drained sausage, or 1 ½ c. of cubed ham
- ¼ c. butter
- 1 can sliced mushrooms
- 1 bunch green onions, chopped
- 7 eggs
- 1 ¼ c. milk
- ¼ c. flour
- 1 can black olives, sliced
- salt
- pepper
- parsley flakes
- 1 to 2 c. shredded cheddar cheese or monterey jack cheese

Cook and drain the sausage or, if you are using ham, cut it into 1 inch cubes. In butter, saute the mushrooms and onions. Add the meat mixture. Spread the bottom of a greased 9 x 13 pan with ½ of cheese and add meat mixture. Cover with cheese. Cover with saran wrap and refrigerate overnight. The next morning, mix the eggs, milk, flour, salt, pepper and parsley flakes and pour over meat mixture. Top with black olives. Bake in 350° oven for about 1 hour, or until middle is set when you insert knife.

Breakfast Casserole

Mike Sanders

- 1 lb. sausage
- 1 ½ c. cheddar cheese, shredded
- 5 whole eggs
- 1 c. milk
- 1 c. sour cream
- 1 tsp. dry mustard
- 6 slices bread, buttered on both sides

Place buttered bread into 9 x 13 pan. Cover with cheese. Brown sausage, drain, and cool. Sprinkle over cheese. Beat eggs, milk, sour cream and mustard together. Pour over sausage mixture. Cover with saran wrap and refrigerate over night. Bake at 350° for 45 minutes.

Does not have to be refrigerated, may be cooked immediately.

Cheese Sausage Strata

Di Fisher

1 ½ lbs. bulk pork sausage
¼ c. green pepper, chopped
¼ c. onions, chopped
¼ c. mushrooms
9 eggs, lightly beaten
3 c. milk
9 slices bread, cubed
1 ½ c. shredded cheddar cheese
½ lb. sliced bacon, cooked and crumbled
1 ½ tsp. ground mustard

In a large skillet, cook sausage over medium heat until no longer pink; drain. Mix sausage, green peppers, onions, mushrooms, eggs, milk, bread, cheese, bacon and mustard. Transfer to a greased shallow 3 quart baking dish. Cover and chill overnight. Remove from the refrigerator 30 minutes before baking. Cover and bake at 350° for 60-65 minutes or until a knife inserted near the center comes out clean.

Denver Egg Strata

JD Hager

12 eggs
3 ½ c. milk
1 tsp. prepared mustard
½ tsp. salt
¼ tsp. ground black pepper
12 slices white bread, cubed
2 c. shredded sharp cheddar cheese
1 ½ c. cubed ham
1 c. chopped onion
1 c. chopped green bell pepper

In large bowl, whisk eggs, milk, mustard, salt and pepper. Stir in bread, cheese, ham, onion and bell pepper. Pour mixture into greased 9 x 13 pan. Cover and refrigerate overnight. When ready to cook, preheat oven to 350°. Bake uncovered 1 hour and 15 minutes or until set in center and golden brown.

Eggs For Eight

Terri Koelsch

1 lb. sausage
2 slices crumbled bread
4 oz. mozzarella cheese
4 oz. cheddar cheese
1 c. milk
8 eggs

Brown sausage, drain. Sprinkle bread and grated cheese over sausage. Mix milk and eggs. Pour over sausage mixture. Make at night and leave in refrigerator. Bake at 350° for 25 minutes covered and 15 minutes uncovered.

Ham, Cheese and Egg Casserole

Jeni Jones

12 slices of bread, broken up
1 lb. velveeta cheese, cubed
2 c. diced ham
1 c. melted margarine
8 eggs, beaten
1 tsp. dry mustard
½ tsp. salt
1 qt. milk

Using a 9 x 12 casserole dish, layer bread, cheese, ham, butter and remaining ingredients in that order. Bake at 350° for 45 minutes to 1 hour.

Hash Brown Quiche

Vicky Mansel

3 c. hashed brown potatoes, shredded and thawed
⅓ c. butter or margarine, melted
1 c. cooked ham, diced
1 c. shredded cheddar cheese
2 eggs
½ c. milk
½ tsp. salt
¼ tsp. pepper

Press hash browns between paper towels to remove excess moisture. Press into the bottom and up the sides of an ungreased 9-inch pie plate. Drizzle with butter. Bake at 425° for 25 minutes. Combine the ham and cheese; spoon over crust. In a small bowl, beat eggs, milk, salt and pepper. Pour over all. Reduce heat to 350°; bake for 25-30 minutes or until a knife inserted near the center comes out clean. Allow to stand 10 minutes before cutting.

-• Your Favorite Recipes •-

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Vegetables

Tried & True Recipes

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How To Can Vegetables

POINTS ON PACKING

Raw pack. Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.
- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.
- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gauge opening).
- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gauge.
- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.
- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gauge. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button ® is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2 inches of air space on all sides for jars to cool evenly.

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Asparagus Casserole

Mary Ann Heyen

2 cans Green Giant Asparagus Spears (drain and reserve 1 c. juice)
onion
butter
salt and pepper
½ c. cream
pinch of dry mustard
½ - 1 c. shredded cheese
croutons
1 - 2 hard boiled eggs

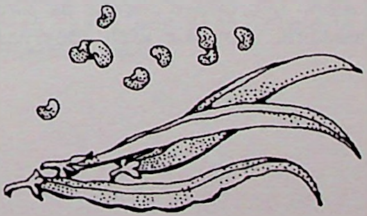
Saute onion in the butter. Add salt and pepper to taste. Add in saucepan; the asparagus juice, cream, dry mustard and shredded cheese. Cook until thickened. Add hard boiled eggs. Butter casserole. Lay spears in bottom. Pour cream sauce over and top with croutons. Add extra cheese if desired. Cook at 350° for 45 minutes.

Baked Asparagus With Parmesan Cheese

JD Hager

1 lb. asparagus, tough stems removed
nonstick cooking spray
2 ½ Tbsp. grated parmesan cheese
1 ½ Tbsp. soft white bread crumbs
2 tsp. butter or margarine

Preheat the oven to 450°. Arrange the asparagus in a 9 x 9 x 2 inch baking pan that has been lightly coated with the cooking spray. Sprinkle with the cheese and bread crumbs and dot with the margarine. Bake uncovered, until the asparagus is just tender, about 15 minutes.



Grilled Asparagus

JD Hager

1 lb. asparagus	kosher salt
3 Tbsp. balsamic vinegar	freshly ground black pepper
1 Tbsp. olive oil	cooking spray

Prepare grill. Wash and trim off ends of asparagus. Brush oil and vinegar mixture over asparagus; sprinkle with salt and pepper and let stand 15-20 minutes to marinate. (All ingredients can be put into a large zip-top plastic bag and marinated.)

Remove asparagus from marinade and place on grill rack coated with cooking spray. Grill on high setting for 5 minutes on each side or until asparagus is done.

Baked Beans

Jeni Jones

- 1 medium can pork and beans
- 6 slices of bacon, cooked and chopped
- ⅔ c. brown sugar
- ⅓ c. catsup
- ⅓ c. mustard
- 1 Tbsp. worcestershire sauce
- 1 medium onion, chopped
- 1 large green pepper, chopped

Combine all ingredients into a crockpot. Cook on high 1 hour. Turn down and simmer.

Cheesy Green Beans

Denise Hearson

- 10 slices of bacon
- 2 (16 oz.) pkgs. frozen green beans
- 1 lb. mushrooms, sliced
- ¾ c. chopped onion
- ¾ tsp. pepper
- 1 (16 oz.) jar Cheez Whiz

Cook bacon until crisp. Drain, reserving ¼ c. drippings. Crumble bacon, reserve 2 tablespoons. Microwave beans as directed on package, drain. Add mushrooms and onion to drippings in skillet. Cook and stir on medium heat for 10 minutes. Drain. Add bacon, beans and pepper. Mix lightly. Spoon into a 2-quart serving dish. Microwave cheese as directed and pour over green bean mixture. Sprinkle with reserved bacon bits.

Fresh Green Beans With Cheese and Chives

Jeni Jones

green beans
Velveeta cheese
fresh chives, chopped
bacon, cooked
salt and pepper

Add bacon, salt, and pepper to taste, to the green beans. Cook until tender. Just before serving add melted cheese. Sprinkle chives on top.

Mixed Beans With Lime Butter

JD Hager

½ lb. each fresh green beans
  and wax beans, trimmed
2 Tbsp. butter or margarine
2 tsp. snipped fresh dill
2 tsp. lime juice
½ tsp. salt
¼ tsp. pepper

Canned green and wax beans may be substituted for the fresh beans. Just add them to the butter mixture.

Place beans in a saucepan and cover with water. Bring to a boil. Cook, uncovered, for 10 minutes or until crisp-tender; drain. Melt butter in a skillet; add the dill, lime juice, salt, pepper and the drained beans. Stir to coat and cook until heated through.

Pennsylvania Dutch Green Beans

Dale Paulsen

3 slices bacon
1 small onion, sliced
2 tsp. cornstarch
¼ tsp. salt
¼ tsp. dried mustard
1 (16 oz.) can green beans
1 Tbsp. brown sugar
1 Tbsp. vinegar
1 hard cooked egg, sliced

Fry bacon until crisp. Remove and crumble. Retain 1 Tbsp. drippings. Add onion and brown lightly. Stir in cornstarch, salt and dry mustard. Drain beans, reserving ½ c. liquid. Add liquid to other mixture and bring to boil. Blend in brown sugar and vinegar. Add green beans and heat. Place in dish and garnish with egg and crumbled bacon.

Isabel Posts' Lima Beans

Dale Paulsen

frozen lima beans, cooked and drained	salt
dairy sour cream	pepper
chopped onion	cumin to taste

Use your own judgement for amounts of each. Can be served hot or cold.

Mama's Limas

Brenda Reno

4 (1 lb.) cans butter or lima beans	1 c. brown sugar
¾ c. butter, melted	1 Tbsp. molasses
1 c. sour cream	1 tsp. dry mustard
	dash of salt

Drain beans. Add butter, sour cream, brown sugar, molasses, dry mustard and salt. Mixture will be soupy. Turn into a 3-quart casserole. Bake at 300° for 2 ½ hours, stirring occasionally.

Broccoli Casserole

Vicki Prescott

1 c. chopped onions	1 pkg. frozen cut broccoli (thawed and drained)
½ c. chopped celery	1 can cream of mushroom soup
5 Tbsp. oleo	1 (8 oz.) jar Cheez Whiz
2 c. cooked rice (1 c. uncooked)	

Saute onions and celery in butter. Mix with rice, broccoli, soup and Cheese Whiz. Bake at 350° for 35 to 45 minutes.

Broccoli and Cheese Quiche

Brenda Reno

Crust:

3 oz. cream cheese (at room temperature)

¼ lb. butter (at room temperature)
1 c. flour

Filling:

1 chopped shallot or ¼ c. chopped green onion
½ c. sliced fresh mushrooms
3 Tbsp. butter
5 eggs
1 c. half 'n half
½ c. milk
1 tsp. salt
dash of fresh ground pepper
4 oz. Swiss cheese, grated
1 (10 oz.) pkg. frozen chopped broccoli, cooked and drained
½ c. diced tomatoes (optional)

Crust: Cream cheese and butter together. Add flour and mix. Press into greased pie plate.

Filling: Saute shallot or onions and mushrooms in butter until soft. In blender, combine eggs, half 'n half, milk, salt and pepper. To assemble, place mushrooms and shallot in bottom of pie crust. Sprinkle with cheese. Add broccoli and tomatoes. Pour egg and milk mixture over all and bake for 1 hour at 350°. Let stand 5 minutes before serving.

Creamy Broccoli Casserole

JD Hager

2 (10 oz.) pkgs. frozen chopped broccoli, thawed and drained
1 (10 ¾ oz.) can condensed cream of chicken soup, undiluted
2 tsp. lemon juice
½ crushed seasoned stuffing
1 Tbsp. margarine or butter, melted
¼ c. shredded cheddar cheese

Place the broccoli in an 8-inch square baking dish coated with nonstick cooking spray. Combine soup & lemon juice; pour over broccoli. Toss stuffing and margarine; sprinkle over soup mixture. Cover and bake at 350° for 25-30 minutes. Uncover. Sprinkle with cheese. Bake 5 minutes longer or until cheese is melted. Condensed mushroom soup can be substituted for the chicken soup.

Brussels Sprouts Supreme

JD Hager

- 1 lb. fresh brussels sprouts, trimmed
- 1 c. chopped celery
- 2 Tbsp. butter or margarine
- 2 Tbsp. flour
- 1 c. milk
- ½ c. shredded American cheese
- ¼ tsp. salt
- pinch of cayenne pepper, optional

Place brussels sprouts, celery and a small amount of water in a saucepan; cover and cook for 8 minutes or until crisp-tender. Meanwhile, in another saucepan, melt butter. Stir in flour until smooth. Gradually add milk; bring to a boil. Reduce heat; cook and stir for 2 minutes or until thickened. Add cheese, salt, cayenne if desired. Stir until cheese is melted.

Drain sprouts and celery; top with cheese sauce.

Cheesy Cauliflower

JD Hager

- 1 large head cauliflower (about 2 lbs.), broken into florets
- ⅓ c. butter or margarine
- ⅓ c. flour
- ¾ tsp. salt
- ¼ tsp. pepper
- 2 ½ c. milk
- 1 ½ c. shredded cheddar cheese

In a covered saucepan, cook cauliflower in a small amount of water until crisp-tender. Meanwhile in another saucepan, melt butter. Stir in flour, salt and pepper until smooth. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat. Drain the cauliflower. Add 1 cup of cheese to milk mixture; stir until cheese is melted. Transfer cauliflower to dish and pour cheese mixture over it. Sprinkle with remaining cheese.

Corn Casserole

Lisa Cornwell

- 1 can whole kernel corn, drained
- 1 can cream style corn
- 8 oz. sour cream
- 1 egg
- 1 pkg. Jiffy corn muffin mix
- salt
- pepper
- dried parsley

Stir all together. Bake in a greased 8 x 8 casserole dish at 350° for 45 minutes.

Corn Casserole

Carol Ward

1 (16 oz.) can yellow corn, drained
2 (11 oz.) cans shoe peg corn, drained
1 c. sour cream or sour cream with chives
1 c. cheddar cheese, grated
1 can cream of celery soup
1 can sliced water chestnuts, drained (optional)
salt and pepper to taste

Mix all ingredients together and bake in a 9 x 9 pammed pyrex baking dish. Top with 1 ½ sleeves crushed Ritz crackers moistened with melted margarine. Bake at 350° for 30-45 minutes.

Cream Corn

Di Fisher

2 cans corn
4 oz. cream cheese
¼ c. margarine

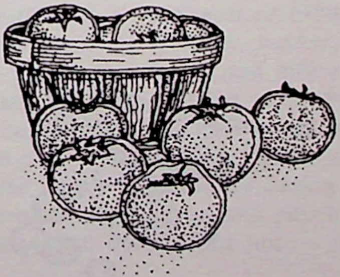
Microwave 2 minutes. Stir and microwave an additional 3 minutes or until hot.

Crockpot Cream Corn

Paula Rixon

2 (10 oz.) pkgs. frozen corn
2 Tbsp. sugar
1 (8 oz.) pkg. cream cheese
1 stick butter
6 Tbsp. water
salt

Combine all ingredients in crockpot and cook on low for 4 hours, stirring occasionally.



Savory Corn Bake

JD Hager

2 eggs	½ tsp. salt
8 oz. cream cheese, softened	¼ tsp. black pepper
¼ c. red onion, chopped	tabasco pepper sauce, optional
1 Tbsp. green onion, chopped	½ c. crackers, crushed
½ c. carrots, shredded	2 Tbsp. butter, melted
2 c. cut corn, frozen	

Preheat oven to 350°. In a bowl, mix cream cheese and eggs until well blended. Add remaining ingredients except crackers and butter; mix well. Pour into a lightly greased 8 inch square or round baking dish. Pat down mixture. In a small bowl, melt butter and add crushed crackers; stir. Sprinkle cracker mixture on top. Bake for 40 - 45 minutes. Let stand for a few minutes before serving.

Unusual Corn Casserole

Terri Koelsch

1 egg	1 small can whole kernel corn
1 c. sour cream	1 small can cream style corn
½ c. margarine, melted	1 pkg. jiffy cornbread mix (dry)

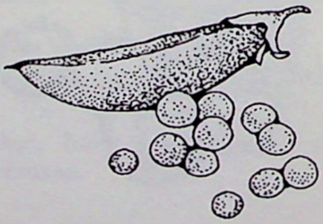
Mix all ingredients together. Put in greased casserole and bake at 350° for 45 minutes.

Fresh Cucumbers

Dale Paulsen

1 c. vinegar	¼ tsp. pepper
1 c. sugar	¼ c. water
1 tsp. salt	

Mix all ingredients together and pour over sliced cucumbers. Makes 1 quart.



Creamed Onions

Brenda Reno

4 to 5 large white onions, silver skins, peeled	½ pt. light cream
salt and pepper	½ pt. heavy cream
butter	Italian bread crumbs

Slice enough onions in ¼-inch slices to fill a medium-size greased casserole. Layer onion slices in casserole. Season with salt and pepper to taste, and dot generously with butter. Pour heavy cream and light cream on top of onions, but do not cover. Cover with generous layer of Italian bread crumbs. (This can be made a day ahead up to this point.) Bake slowly at 300° for 2 ½ to 3 hours. (Place casserole on top of a sheet of foil to avoid spattering oven.)

Curried Onions

Dale Paulsen

1 ½ c. cooked rice (½ c. dry)	¼ tsp. curry
3 large onions, sliced ¼-inch thick	1 pinch nutmeg or mace
¾ c. evaporated milk	3 Tbsp. butter

Boil onions in salted water until tender. Add remaining ingredients and simmer a few minutes.

Scalloped Onions

Mary Ann Heyen

6 medium onions, 3 c. sliced	1 ½ c. milk
5 Tbsp. butter or margarine	1 c. diced celery
3 Tbsp. flour	½ c. pecan halves
1 tsp. salt	Parmesan cheese
⅛ tsp. pepper	paprika

Peel onions; cut into thin crosswise slices and saute in 3 Tbsp. of the butter in a saucepan or skillet. Remove onion from pan and add remaining 2 Tbsp. butter and melt. Blend in flour, salt and pepper; gradually add milk and cook over low heat until thick and smooth, stirring constantly. While sauce is cooking, cook celery, covered, in a small amount of boiling salted water until just tender. Drain. Place onions, celery and pecans in alternate layers in buttered baking dish. Cover with the sauce and sprinkle with cheese and paprika. Bake at 350° 20 to 30 minutes, until bubbly and hot.

Aunt Betty's Sweet Onion Casserole

Vicki Prescott

½ c. long grain rice, uncooked
7 to 8 c. sweet onions, chopped coarsely
¼ c. melted butter
1 c. grated swiss cheese
⅔ c. half and half
1 tsp. salt

Cook rice in 5 c. water for 5 minutes. Drain and set aside. Cook onions in butter in large skillet until limp but not brown. Combine all ingredients. Mix well. Put into buttered 2-quart casserole dish. Bake at 350° for 1 hour.

Cheesy Potatoes

Di Fisher

2 lb. frozen hash browns, shredded
½ c. melted oleo
1 tsp. salt
¼ tsp. pepper
1 can cream of mushroom soup
2 c. grated Cheddar cheese
½ c. onion
2 c. sour cream
2 c. corn flakes, crushed and mixed with ¼ c. melted oleo

Thaw potatoes and combine them with the rest of the ingredients, except corn flakes. Sprinkle buttered corn flakes on top. Put in a 9 x 13 baking dish and bake at 350° for 45 minutes.

Creamy Potatoes

JD Hager

5 lbs. potatoes (12)
2 tsp. salt
2 (8 oz.) pkgs. cream cheese
4 Tbsp. butter
½ tsp. garlic (if desired)
½ tsp. pepper
2 c. sour cream with chives

Cook potatoes, drain and mash, add cream cheese. Mix in other ingredients and place in a 9 x 13 pan. This can be refrigerated overnight if desired. Dot with butter and paprika. Bake at 325° for 30 minutes and at 375° until done (about one hour).

Crockpot Potatoes

Nolen Taton

- 1 lb. pkg. frozen hash browns (partially thawed)
- 1 can Cheddar cheese soup
- ½ c. milk (preferably evaporated)
- 1 small onion, chopped
- 2 tsp. Worcestershire sauce
- Salt and pepper to taste

Mix all ingredients and place in a greased crockpot. Cover and cook on low 8 to 9 hours (or on high about 4 hours). If desired, you may top with canned French fried onion rings before serving.

Easy Ranch Potatoes

Jeni Jones

- new potatoes, quartered or halved
- onions, chopped
- bacon bits
- butter
- ranch salad dressing
- salt and pepper

Combine all ingredients into a foil bag and bake 1 hour at 350°.

Gourmet Potatoes

Mary Ann Heyen

- 6 medium potatoes
- 2 c. shredded Cheddar cheese
- ¼ c. margarine
- 1 pt. sour cream
- ⅓ c. finely chopped onion
- 1 tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. butter

Cook potatoes in skins. Refrigerate until chilled thoroughly or overnight. Peel and shred coarsely. In a pan over low heat, combine cheese and margarine. Stir occasionally until almost melted. Remove from heat and blend in sour cream, onion and seasonings. Fold in potatoes. Put into greased 2-quart casserole. Dot with butter and sprinkle with paprika. Bake uncovered at 350° for 30 minutes or until heated through.

Potatoes shred easier if they are refrigerated overnight. Bake an additional 15 minutes if the casserole is cold. Can also add ½ c. chopped green peppers and ½ c. red pimentos. Can substitute 1 pt. of sour cream with ½ pt. sour cream and ½ pt. of half and half.

Hashbrown Casserole

Paula Rixon

- 30 oz. frozen country style hash browns
- 2 c. shredded cheddar cheese
- 1 stick of butter
- 1 pt. sour cream
- ½ c. chopped onions
- 1 tsp. salt
- ¼ tsp. pepper

Melt butter over low heat. Add cheese until melted. Remove from heat. In a separate bowl, mix sour cream, onion, salt and pepper. Add butter and cheese mix. Mix with frozen hash browns. Spread in large casserole dish. Slightly dot the top with butter. Bake at 350° for 30 minutes.

Onion-Roasted Potatoes

Vicki Prescott

- 1 envelope Lipton recipe secrets onion soup mix
- 4 medium all-purpose potatoes, cut into large chunks (about 2 lbs.)
- ⅓ c. olive or vegetable oil

Preheat oven to 450°. In a 13 x 9 inch baking or roasting pan combine all ingredients until evenly coated. Bake uncovered, stirring occasionally, 40 minutes or until potatoes are tender and golden brown.

Oven French Fries

JD Hager

- 2 large baking potatoes (about 1 lb.), peeled and cut lengthwise into 8 wedges
- 2 ½ tsp. olive oil
- 1 Tbsp. malt or red wine vinegar
- ¼ tsp. salt (optional)

Preheat the oven to 375°. On a lightly greased baking sheet, spread the potatoes in a single layer and brush lightly with 1 tsp. of the olive oil. Bake, uncovered, for 5 minutes. Brush with another tsp. of the oil and bake for another 5 minutes. Brush one more time using the remaining ½ tsp. of oil and continue baking another 10 minutes or until the potatoes are crisp, golden, and tender. Before serving, sprinkle the potatoes with the vinegar and, if you like, the salt.

Potato Casserole

Paula Rixon

2 lbs. frozen hash browns (partially thawed)
½ c. chopped onion
½ c. green pepper
½ c. celery
2 c. shredded cheddar cheese
1 can cream of celery soup
1 pt. sour cream and chives
1 tsp. salt
½ tsp. pepper
1 tsp. oregano
½ c. melted butter
1 ½ c. crushed corn flakes
¼ c. melted butter

Pour hash browns in bottom of 9 x 13 greased casserole or cake pan. Top with layers of onion, celery, green pepper and grated cheese. In a separate bowl; combine soup, sour cream, ½ c. butter, salt, pepper and oregano. Pour over potato mixture and stir. Toss crushed cornflakes with ¼ c. butter. Sprinkle on top of potato mixture. Bake at 350° for 45 minutes.

Potato Casserole

Brenda Bebee

6 potatoes, cooked, cooled and grated
8 oz. sour cream
1 can cream of chicken soup
1 c. grated cheese
¼ c. butter

Mix well. Crush crackers on top. Slice butter on top. Bake at 325° 30 - 45 minutes.

Scalloped Potatoes

Denise Hearson

1 can cream of onion soup
½ c. milk
½ tsp. salt
⅛ tsp. pepper
4 c. thinly sliced potatoes
1 Tbsp. margarine

Blend first four ingredients. Layer sauce and potatoes and dot with butter. Sprinkle with paprika. Cover and bake at 375° for 1 hour. Uncover and bake 15 more minutes.

Scalloped Potatoes

Nolen Taton

1 (2 lb.) bag frozen hash brown potatoes	3 Tbsp. chopped onion
1 can cream of potato soup	salt
1 can cream of celery soup	pepper
1 c. sour cream	paprika
	½ c. shredded cheddar cheese

In a large mixing bowl stir together the soups, sour cream, onion and cheese. Add partially thawed potatoes. Add salt and pepper to taste and mix well. Put in 11 x 7 inch glass baking pan. Sprinkle top with paprika and bake for 1 hour at 350°.

Make Ahead Mashed Potatoes

Denise Hearson

5 lbs. peeled potatoes, cooked and mashed	2 tsp. onion salt
8 oz. cream cheese	½ tsp. pepper
12 oz. sour cream	2 Tbsp. margarine

Combine all ingredients. Dot with butter and bake at 350° for 30 minutes. If refrigerated, bake longer.

"Smashed" Potatoes With Garlic

Carol Ward

small whole red new potatoes	pepper
oil	minced garlic
salt	parsley

Cook potatoes in salted water until barely done. Pam a pyrex baking dish and arrange potatoes close together. Using fork, press each potato firmly in center to expose flesh, making indentions about one inch deep. Whisk enough oil to moisten each potato. Add salt to taste, pepper and minced garlic. Drizzle over potatoes. Bake at 400° about 1 hour. May be made ahead; let stand at room temperature before baking. When ready to serve, sprinkle with parsley.

Spicy Baked Potatoes

Craig Fisher

3 large potatoes
1 pkg. Italian salad dressing (dry)
⅛ c. vegetable oil

Wash potatoes and leave skin on. Cut into chunks. Mix oil with dressing and dip potato chunks. Place on cookie sheet, bake 1 hour uncovered at 350°. Could substitute pkg. of ranch or sour cream and chives salad dressing mix.

Twice-Baked Potatoes

Vicky Mansel

6 large baking potatoes
½ c. butter or margarine, softened
1 c. milk (may substitute whipping cream)
½ lb. bacon, cooked and crumbled
1 ½ c. shredded cheddar cheese, divided
½ tsp. salt
1 dash pepper
paprika

Bake the potatoes at 375° for 1 hour or until tender; cool. Cut a thin slice off the top of each potato and discard. Scoop out pulp, leaving a thin shell. In a bowl, mash the pulp with butter. Stir in milk, bacon, 1 c. cheese, salt and pepper. Spoon into the potato shells. Place on an ungreased baking sheet. Bake at 375° for 25-30 minutes or until heated through. Sprinkle with remaining cheese. Bake 2 minutes longer or until cheese is melted. Garnish with paprika.

Twice-Baked Potatoes

JD Hager

4 medium baked potatoes
⅓ c. butter or margarine
¼ c. milk or half and half
sour cream added to desired consistency
1 tsp. freeze-dried chives
1 tsp. dried parsley flakes
½ tsp. salt
¼ tsp. pepper
2 Tbsp. crisp, cooked bacon, crumbled (optional)
paprika (optional)

Cut a thin strip from top of potato, scoop out potato leaving a ¼-inch thick shell. In medium mixing bowl, combine hot potato and butter. Blend with an electric mixer on low speed until butter melts. Add milk, sour cream, chives, parsley flakes, salt, pepper and bacon bits. Beat on high speed until smooth. Spoon mixture into shells. Top with paprika. Place shells in baking dish or on baking sheet. Bake at 375° for 20 - 30 minutes, or until hot.

Sweet Potato Casserole

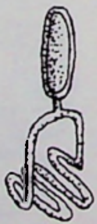
Paula Rixon

3 c. cooked, mashed sweet potatoes
1 ⅓ c. sugar
2 eggs
½ c. melted butter
1 tsp. vanilla

Topping:

½ c. flour
1 c. brown sugar
1 c. chopped pecans
⅓ c. melted butter
½ tsp. cinnamon

Mix sweet potatoes, sugar, eggs, butter and vanilla together and put in a pan. Mix topping until crumbly. Add to top of sweet potato mixture. Bake at 350° for 30 minutes.



Sweet Potato Casserole

Brenda Reno

3 c. canned or freshly cooked cut sweet potatoes
½ c. sugar
½ tsp. salt
2 eggs, lightly beaten
⅓ c. melted butter or margarine
½ c. milk
1 tsp. vanilla

Topping:

1 c. packed light brown sugar
⅓ c. all-purpose flour
1 c. chopped pecans

Preheat the oven to 350°. Combine the sweet potatoes, sugar, salt, eggs, butter, milk and vanilla in a bowl; mix well. Pour into a 2-quart baking dish. Spread with the topping. Bake for 35 minutes. May be made ahead and refrigerated until ready to bake.

Grilled Vegetable/Pasta Dish

Jeni Jones

pasta of choice, cooked, rinsed and drained
broccoli, florets
cauliflower, florets
carrots, sliced
celery, sliced
zucchini, cubed
yellow squash, cubed
red peppers, chopped
green peppers, chopped
cherry tomatoes
fresh corn, cut off of the cob
black olives, sliced
Italian dressing
Parmesan cheese
Coarse ground pepper
salt
butter, melted
onion, chopped

Combine all ingredients and let set for a couple of hours. Bake or grill in a foil bag until vegetables are crisp-tender.

Swiss Vegetable Medley

Brenda Reno

1 (16 oz.) bag frozen broccoli, carrots and cauliflower, thawed and drained
1 can cream of mushroom soup
1 c. shredded Swiss cheese
½ c. sour cream
¼ tsp. black pepper
1 (2.8 oz.) can French fried onions
1 (4 oz.) jar chopped pimento (optional)

Combine vegetables, soup, ½ c. cheese, sour cream, pepper, pimento and ½ can of French fried onions. Pour into 1-quart casserole. Bake covered 30 minutes at 350°. Top with remaining cheese and onions. Bake uncovered 5 minutes longer.

Tomato-Zucchini Scallop

Vicki Prescott

2 small zucchini squash, sliced
1 medium onion, thinly sliced
1 small tomato, peeled and sliced
1 c. plain croutons
1 tsp. salt
dash pepper
4 oz. sharp cheddar cheese, shredded
1 tomato, cut into wedges

In a 1 ½-quart casserole, layer half of the zucchini, onion, sliced tomatoes and croutons. Season with ½ tsp. salt and dash of pepper. Repeat layers. Top with tomato wedges. Cover and bake at 350° for 1 hour. Uncover and sprinkle with cheese. Return to oven until cheese melts.

Zucchini Boats

JD Hager

2 medium zucchinis
1 lb. ham, cubed in 1-inch squares
2 or 3 tomatoes, chopped
1 tsp. garlic powder (if desired)
½ c. onions, chopped
¼ c. green peppers, chopped

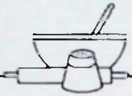
Split zucchini in half lengthwise and remove seeds. Hollow out zucchini to about ¼-inch shell. Dice the zucchini and mix with ham, onions, green peppers and garlic powder in a skillet until ham is browned and vegetables are clear. Add chopped tomatoes. Mix well. Spoon the mixture into the zucchini boats and top with mozzarella cheese. Cover with foil and cook on the grill until hot and steamy.

Breads, Rolls & Pastries

Tried & True Recipes	Page Number

Breads, Rolls & Pastries
Cakes, Cookies
Beverages,
Cooking Hints

Baking Tips



COMMON PROBLEMS (Common Failures)	CAUSES OF PROBLEMS (Causes of Failures)
Biscuits	
Rough biscuits	Insufficient mixing
Dry biscuits	Baking in too slow an oven and handling too much
Uneven browning	Cooking in dark surface pan, too high a temperature and rolling the dough too thin
Breads (yeast)	
Porous bread	Over-rising or cooking at too low a temperature
Crust is dark and blisters just under the crust	Under-rising
Bread does not rise	Over-kneading or using old yeast
Bread is streaked	Under-kneading and not kneading evenly
Bread bakes unevenly	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature
Cakes	
Cracks and uneven surface	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes	Too much flour, too little shortening, too much baking powder or cooking at too low a temperature
Heavy cakes	Too much sugar or baking too short a period
Sticky crust	Too much sugar
Coarse grained cakes	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning	Not mixing well
Cookies	
Uneven browning	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy Cookies	Cooling cookies in pans instead of racks
Excessive spreading of cookies	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature
Muffins	
Coarse texture	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture	Over-mixing
Pies	
Pastry crumbles	Over-mixing flour and shortening
Pastry tough	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard)	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

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Breads, Rolls & Pastries

Banana Nut Bread

Paula Rixon

- 5 oz. (½ c. + 2 Tbsp.) milk
- ¾ c. mashed bananas
- 2 ½ c. bread flour
- ½ c. whole wheat flour
- ½ c. chopped nuts
- 3 Tbsp. brown sugar, packed
- 1 tsp. salt
- ½ tsp. ground nutmeg
- 2 Tbsp. butter or margarine, cut into 4 pieces
- 2 tsp. active dry yeast or 1 ½ tsp. fast rise yeast

Bread machine settings to use are Basic or Basic Rapid.

Add milk and mashed banana to bread pan. Add bread flour, whole wheat flour, chopped nuts, brown sugar, salt and nutmeg to pan. Tap pan to settle dry ingredients, then level dry ingredients, pushing some of the flour mixture into the corners. Place a piece of butter into each corner of pan on top of dry ingredients. Make a slight well in center of dry ingredients and add the yeast. Place bread pan into oven chamber, twist to lock pan in place and close cover. Program bread select for either basic or basic rapid, then program desired bread color setting. Press start/stop button to turn bread maker on. When loaf is done, turn bread maker off by holding down start/stop button until red signal light goes out. Remove bread pan using pot holder. Invert pan to remove loaf of bread to cool on rack before slicing. Makes a 1 ½ pound loaf.

Cinnamon Rolls (Cinnabon) Bread Machine

Mike Sanders

4 Tbsp. melted butter
4 Tbsp. water
½ box instant pudding mix, vanilla
1 c. milk
1 whole egg
1 Tbsp. sugar
½ tsp. salt
4 c. bread flour
2 ½ tsp. yeast

Filling:

½ c. butter, softened
1 c. brown sugar
2 tsp. cinnamon

Frosting:

4 oz. cream cheese, softened
¼ c. butter, softened
1 ½ c. powdered sugar
½ tsp. vanilla
1 ½ tsp. milk

Place all ingredients in bread machine following the specifications of that particular machine. Set for dough cycle. After complete on dough cycle, remove from machine and roll out to a 17 x 10 rectangle.

Filling: Mix together brown sugar and cinnamon. Spread butter over dough. Sprinkle sugar/cinnamon mixture over top. Roll tightly from long end, pinching edges closed when completely rolled. Slice rolled dough into ½ inch slices or larger if a larger bun is desired. Place on greased cake pans. Let rise until doubled. Bake at 350° for 15-20 minutes or until golden brown. Do not overbake. Mix together cream cheese, butter, powdered sugar, vanilla and milk. Spread on very warm rolls.

Crusty Italiano Loaf

Di Fisher

1 c. + 2 Tbsp. water
2 Tbsp. butter, softened
3 c. bread flour
2 Tbsp. dry milk
1 envelope Italian dressing mix (dry)
3 Tbsp. sugar
1 ¼ tsp. salt
2 ¼ tsp. Fleischmann's bread machine yeast

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer. Select Basic/White cycle. Use medium or light crust color. Remove baked bread from pan; cool on wire rack. Makes a 1 ½ pound loaf.

French Bread

Paula Rixon

1 c. + 3 Tbsp. water (80°F)
3 ½ c. bread flour
1 ½ tsp. sugar
1 ¼ tsp. salt
1 Tbsp. butter or margarine, cut into 4 pieces
2 tsp. active dry yeast or 1 ½ tsp. fast rise yeast

Add water to bread pan. Add bread flour, sugar and salt to pan. Tap pan to settle dry ingredients, then level dry ingredients, pushing some of the flour mixture into the corners. Place a piece of butter into each corner of pan on top of dry ingredients. Make a slight well in center of dry ingredients and add the yeast. Place bread pan into oven chamber, twist to lock pan in place and close cover. Program bread select for FRENCH, then program desired bread color setting. Program timer if being used. Press start/stop button to turn bread maker on. When loaf is done, turn bread maker off by holding down start/stop button until red signal light goes out. Remove bread pan using pot holder. Invert pan to remove loaf of bread and cool on rack before slicing.

Honey Oatmeal Bread

Paula Rixon

7 oz. + 1 Tbsp. water (80°F)
3 Tbsp. honey
2 c. bread flour
1 c. oats, quick or old-fashioned
1 ½ Tbsp. dry milk
1 ¼ tsp. salt
1 ½ Tbsp. butter or margarine, cut into 4 pieces
2 tsp. active dry yeast or 1 ½ tsp. fast rise yeast

Add water and honey to bread pan. Add bread flour, oats, dry milk and salt to pan. Tap pan to settle dry ingredients, then level dry ingredients, pushing some of the flour mixture into the corners. Place a piece of butter into each corner of pan on top of dry ingredients. Make a slight well in center of dry ingredients and add the yeast. Place bread pan into oven chamber, twist to lock pan in place and close cover. Program bread select for either basic or basic rapid, then program desired bread color setting. Program timer if being used. Press start/stop button to turn bread maker on. When loaf is done, turn bread maker off by holding down start/stop button until red signal light goes out. Remove bread pan using pot holder. Invert pan to remove loaf of bread and cool on rack before slicing.

Pepperoni Pizza Bread

Di Fisher

- 1 c. + 2 Tbsp. water
- 3 c. bread flour
- ⅓ c. mozzarella cheese
- 2 Tbsp. sugar
- 1 ½ tsp. garlic salt
- 1 ½ tsp. dried oregano leaves
- 1 ¾ tsp. fleischmann's bread machine yeast
- ⅔ c. sliced pepperoni

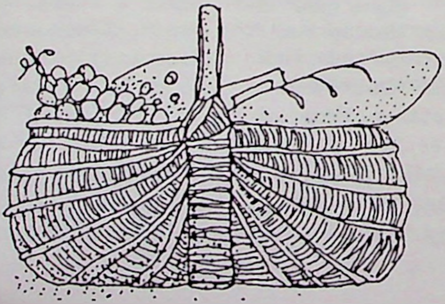
Measure carefully, placing all ingredients except pepperoni in bread machine pan in the order recommended by the manufacturer. Select basic/white cycle. Use medium or light crust color. Do not use delay cycle. Add pepperoni at the beep signal or 5 to 10 minutes before the last kneading cycle ends. Remove baked bread from pan; cool on wire rack. Makes a 1 ½ lb. loaf.

Potato Loaf Bread

JD Hager

- 1 pkg. active dry yeast
- 3 c. Hudson Cream short patent flour
- 1 Tbsp. sugar
- 1 tsp. salt
- 2 ½ tsp. butter...at room temperature
- 2 Tbsp. instant potato flakes
- 1 - 1 ½ c. warm milk

Place the first five ingredients into bread machine pan in order listed. Sprinkle the potato flakes over warm milk and stir. Cool slightly. Add milk to bread machine pan. Recommended cycle: basic/white bread, light color.



Raisin Bread

Paula Rixon

- 8 ½ oz. (1 c. + 1 Tbsp.) water, 80°F
- 2 ½ c. bread flour
- 2 Tbsp. dry milk
- 1 ½ Tbsp. sugar
- 1 ½ tsp. salt
- 1 tsp. cinnamon
- 2 Tbsp. butter or margarine, cut into 4 pieces
- 2 tsp. active dry yeast or 1 ½ tsp. fast rise yeast
- ¾ c. raisins
- ½ c. chopped nuts (optional)

Add water to bread pan. Add bread flour, dry milk, sugar, salt and cinnamon to pan. Tap pan to settle dry ingredients, then level dry ingredients, pushing some of the flour mixture into the corners. Place a piece of butter into each corner of the pan on top of dry ingredients. Make a slight well in center of dry ingredients and add the yeast. Place bread pan into oven chamber, twist to lock pan into place and close cover. Program bread select for sweet, then program desired bread color setting. Program timer only if you will be present to add the raisins and nuts when alert sounds. Press start/stop button to turn bread maker on. After 17 minutes (when not using timer) audible alert will sound to add the raisins and nuts. Open cover and add the raisins and nuts, if desired. Close cover. When loaf is done, turn bread maker off by holding down start/stop button until red signal light goes out. Remove bread pan using pot holder. Invert pan to remove loaf of bread and cool on rack before slicing.

Bubble Bread

Mike Sanders

- 1 ½ - 2 dozen large dinner rolls, frozen
- 1 box butterscotch pudding (not instant)
- 1 c. brown sugar
- ⅓ c. white sugar
- 1 tsp. cinnamon
- ⅓ c. chopped pecans
- 1 stick margarine

Place frozen dinner rolls in a large greased bundt pan. Mix butterscotch pudding and brown sugar and sprinkle on top of rolls. Mix white sugar, cinnamon, and pecans and sprinkle on top of rolls. Melt margarine and pour on top of everything. Let this sit on cabinet counter overnight. Place in oven and bake at 350° for 25 to 30 minutes. Cool 10 to 15 minutes and turn out of pan. Pull apart.

Bubble Bread

Jeni Jones

½ c. brown sugar
1 box regular butterscotch pudding
1 ½ dozen frozen Rhodes dinner rolls
cinnamon
6 Tbsp. butter or margarine

Grease pan generously. Add frozen rolls and top with dry pudding and brown sugar. Sprinkle cinnamon and dot with butter. Cover and set overnight. Bake at 375° covered for 25 minutes, uncover and finish baking additional 15 minutes.

Savory Bubble Loaf

JD Hager

1 loaf (1 pound) frozen white bread dough, thawed
½ tsp. garlic powder
½ tsp. dried thyme leaves
½ tsp. dried oregano leaves
½ tsp. dill weed
⅓ c. butter or margarine, melted

Shape dough into 1-inch balls; set aside. In small bowl, combine garlic powder, thyme, oregano and dill weed. (2 tsp. of Italian seasoning can be substituted for the herbs.) Add balls to butter, roll to coat all sides. Add to season mixture; roll to coat evenly. Place in greased bundt or angel food cake pan. Cover and let rise in warm place until doubled in size, 1 - 1 ½ hours. Preheat oven to 375°F. Bake 25 - 30 minutes or until lightly browned.

Light Whole Wheat Bread

Lisa Cornwell

3 ½ c. water	2 Tbsp. kosher sea salt
2 envelopes dry yeast	2 c. whole wheat bread flour
1 beaten egg	6 - 7 c. white Hudson cream flour
4 Tbsp. unsalted butter	3 Tbsp. vital wheat gluten
⅓ c. sugar	

Lightly grease 3 - 9 x 5 x 3 loaf pans. Warm ½ c. of the water to lukewarm. Crumble the yeast into water in a small bowl and stir till smooth. If using dry yeast, mix the granules and the warmed ½ c. of water in a small bowl, stir in a teaspoon of the sugar and let stand until foamy, 5 - 10 minutes. Heat the rest of the water to about 150°F and pour it over the butter or shortening, sugar and salt in a large bowl. Stir until melted and slightly cooled. Stir in the whole wheat flour, followed by about 3 c. of the white flour and the vital wheat gluten. Mix thoroughly. Add the yeast mixture and stir well. Beat in egg. Beat this sloppy batter for 3 minutes, then cover with plastic wrap and let stand until it becomes spongy, about 10 minutes. Uncover the sponge and gradually work in some of the white bread flour, about ½ cup at a time until the dough is firm and pliable enough to flop from hand to hand. The exact amount of flour will depend on the flour itself, humidity and temperature of the kitchen. Put the dough back into the bowl. Cover with plastic wrap or a damp dish towel and let rise until doubled in size. Turn out the risen dough onto a lightly floured work surface. Punch it down and lightly knead working the dough from hand to hand for three minutes. Divide the dough in three equal pieces. Shape each piece of dough into a rough ball, then place in prepared pans. Cover with damp dish towel or plastic wrap and let it rest 10 minutes. Flour the work surface. Remove the dough, one piece at a time, and roll out with a lightly floured rolling pin into a rectangle, measuring about 11 x 9 inches and about ½ inch thick. Starting with the short side, roll up tightly like a jelly roll, then pinch the seam to seal tightly. Return to the loaf pan, seam side down, and tuck the ends under, pinching to seal. Repeat with the remaining dough. Cover the loaves again and let rise until double in size, about 45 minutes. During the last 15 minutes of rising, heat the oven to 400°F. Bake the loaves for 10 minutes, then lower the oven temperature to 350°F. Bake the loaves for about 25 minutes longer, or until they sound hollow when unmolded and tapped underneath.

Turn out the loaves from the pans onto wire racks. Rub the crusts with a butter wrapper and let cool.

Sausage Bread

Paula Rixon

2 loaves frozen bread, let rise
2 lbs. sausage
1 lb. bacon, diced
4 eggs
1 c. Parmesan cheese
1 bundle green onion, chopped

Brown sausage, bacon and green onions, then drain well. When cooked mixture cools, stir 1 egg at a time into sausage mixture. Roll out raised dough, spread mixture on dough. Sprinkle with cheese, roll as one would French bread, let set to raise. Bake on greased cookie sheet at 350° till loaves are golden brown.

Cora Lee's Poppy Seed Bread

Terri Koelsch

3 c. flour
2 ½ c. sugar
1 ½ c. milk
1 ½ c. oil
3 eggs
1 ½ tsp. baking powder
1 ½ tsp. salt
1 ½ tsp. almond extract
1 ½ tsp. vanilla
1 ½ tsp. poppy seed

Glaze:

¾ c. sugar
¼ c. orange juice
2 Tbsp. melted oleo
½ tsp. almond extract
½ tsp. vanilla

Combine ingredients in order listed and beat well. Pour into 2 large or 4 medium loaf pans greased and floured. Bake 1 hour to 1 hour and 15 minutes at 350°. Pour glaze over hot loaves, remove from pans.

Banana Bread

Denise Hearson

½ c. oil
1 ½ c. sugar
2 eggs
2 c. flour
¼ tsp. baking powder
¾ tsp. baking soda
½ tsp. salt
¼ c. sour milk
1 tsp. vanilla
1 c. mashed bananas

Mix all ingredients together and bake at 350° for 45 minutes.

Pumpkin Carrot Raisin Bread

Paula Rixon

- 3 c. all-purpose flour
- 1 Tbsp. + 2 tsp. pumpkin pie spice
- 2 tsp. baking soda
- 1 ½ tsp. salt
- 3 c. granulated sugar
- 1 (15 oz.) can Libby's 100% Pure Pumpkin
- 4 large eggs
- 1 c. vegetable oil
- ½ c. water
- 1 c. carrots, shredded
- 1 c. raisins

Preheat oven to 350°F. Grease and flour two 9 x 5-inch loaf pans. Combine flour, pumpkin pie spice, baking soda and salt in large bowl. Combine sugar, pumpkin, eggs, oil and water in large mixer bowl; beat until just blended. Add pumpkin mixture to flour mixture, stir just until moistened. Fold in carrots and raisins. Spoon batter into prepared loaf pans. Bake for 60 to 65 minutes or until wooden pick inserted in center comes out clean. Cool in pans on wire racks for 10 minutes; remove to wire racks to cool completely. For three 8 x 4-inch loaf pans, prepare as above and bake for 55 to 60 minutes. For five or six 5 x 3-inch mini-loaf pans, prepare as above and bake for 50 to 55 minutes.

Applesauce Oatmeal Muffins

Vicky Mansel

- 1 ¾ c. quick-cooking oats, divided
- 1 ¼ c. flour
- ¾ tsp. cinnamon
- 1 tsp. baking powder
- ¾ tsp. baking soda
- 1 c. applesauce
- ½ c. milk
- ½ c. brown sugar
- 1 Tbsp. brown sugar
- 3 Tbsp. vegetable oil
- 1 egg beaten
- ⅛ tsp. cinnamon
- 1 Tbsp. butter or margarine, melted

Combine 1 ½ c. oats, flour, cinnamon, baking powder and baking soda. Add applesauce, milk, ½ c. brown sugar, oil and egg; mix just until dry ingredients are moistened. Fill paper-lined muffin cups almost full. Combine remaining ingredients for topping; sprinkle evenly over muffins. Bake at 400° for 20 - 22 minutes or until deep golden brown.

Banana Muffins

Vicki Prescott

- 1 stick margarine
- 1 c. sugar
- 1 egg
- 1 c. mashed bananas
- 1 tsp. vanilla extract
- 1 tsp. almond extract
- 1 ½ c. flour
- ½ tsp. nutmeg
- 1 tsp. baking soda
- 1 Tbsp. water

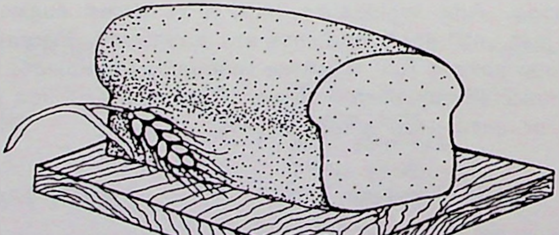
Sift together flour and nutmeg and set aside. Dissolve baking soda in water and set aside. Cream together margarine and sugar. Add rest of ingredients. Beat only until blended, no longer. Bake in 350° oven for 20 to 25 minutes.

Chocolate Banana Muffins

Terri Koelsch

- ½ c. butter or margarine, softened
- ½ c. sugar
- ½ c. packed brown sugar
- 2 eggs
- 1 ½ c. mashed ripe bananas (about 3 large bananas)
- 3 tsp. vanilla extract
- 2 c. all-purpose flour
- 3 tsp. baking soda
- 1 c. chopped walnuts
- 1 c. (6 oz.) semisweet chocolate chips

In a mixing bowl, cream butter and sugars. Beat in eggs, bananas and vanilla. Combine flour and baking soda; add to creamed mixture just until combined. Stir in the walnuts and chocolate chips. Fill greased or paper-lined muffin cups half full. Bake at 350° for 15 - 20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.



Double Chocolate Muffins

Paula Rixon

6 oz. bittersweet chocolate, finely chopped or 6 oz. semisweet chocolate chips
6 Tbsp. unsalted butter, cut into small pieces
½ c. all-purpose flour
½ tsp. baking powder
¼ tsp. salt
2 eggs
⅔ c. sugar
1 tsp. vanilla
⅔ c. milk chocolate chips

Preheat oven to 325°.

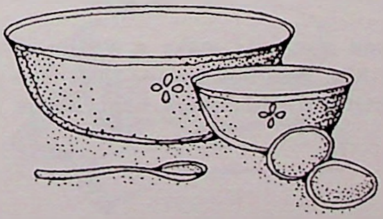
Combine chocolate and butter and melt - either in microwave or over low heat on the stovetop. Stir occasionally until smooth and blended. Set aside to cool slightly. Stir together flour, baking powder and salt. In another bowl, whisk together egg, sugar and vanilla until doubled in volume. Whisk in chocolate mixture just until combined. Stir in milk chocolate chips. Divide batter between wells of greased muffin tins and smooth tops. Bake until a toothpick inserted into the center of a muffin comes out with a few moist crumbs attached, about 20 minutes. Let cool on baking rack for 5 minutes. Remove muffins from pan and set on rack. Serve warm. Makes 12 large or 24 small muffins.

Six Week Muffins

Denise Hearson

1 (15 oz.) box raisin bran
1 c. oil
2 ½ c. sugar
4 eggs, beaten
1 qt. buttermilk
5 c. flour
5 tsp. soda
2 tsp. salt

Mix dry ingredients in bowl. Add eggs, oil and buttermilk. Mix well. Bake at 400°. Store, covered, in refrigerator. Makes four dozen muffins.



Sunday Morning Banana Muffins

Denise Hearson

½ c. margarine
1 c. sugar
1 egg
1 c. mashed bananas
¼ tsp. butter flavoring
1 tsp. vanilla
½ tsp. banana flavoring
1 ½ c. flour
½ tsp. nutmeg
1 tsp. baking soda
1 Tbsp. water

Sift flour and nutmeg together and set aside. Dissolve baking soda in water and set aside. Cream together shortening and sugar. Add rest of ingredients. Beat only until blended, no longer. Bake at 350° for 20 to 25 minutes.

Stuffing

Jeni Jones

8 c. bread, toasted and torn into pieces
½ tsp. salt
½ c. celery, chopped
½ c. onion, chopped
1 tsp. sage
½ tsp. pepper
3 c. milk
8 Tbsp. butter
2 eggs
chicken broth

Mix all ingredients together and bake at 350°.

Pizza Crust

Denise Hearson

¼ c. margarine
2 tsp. salt
2 Tbsp. yeast
2 tsp. sugar
2 c. hot water
5 - 6 c. flour

Dissolve margarine in water. Cool enough to add yeast and rest of ingredients. Press into pizza pan.

Easy Noodles

Terri Koelsch

1 ½ c. flour
1 tsp. salt
¼ c. liquid shortening
2 eggs

Mix flour and salt and make a well in center. Add eggs and shortening. Mix. Roll out to any thickness you prefer. Cut and cook in broth on medium-low heat about 30 minutes or until tender.

Homemade Noodles

Di Fisher

1 egg	½ tsp. salt
2 Tbsp. milk	1 c. all-purpose flour

In a mixing bowl, beat the egg; stir in milk and salt. Add enough of the flour to make a very stiff dough; turn out on floured surface. Roll dough very thin. Let dough rest 20 minutes. Roll up dough loosely. Cut into ¼-inch wide slices; unroll and cut into desired lengths. Spread out cut dough; let dry 2 hours. Place in covered container and store until needed. To cook, drop noodles into large amount of boiling salted water or broth; cook, uncovered, 8 to 10 minutes. Makes 3 cups uncooked or cooked noodles.

Cheddar Bay Biscuits (Red Lobster)

Mike Sanders

2 c. Bisquick baking mix	¼ c. margarine, melted
⅔ c. milk	¼ tsp. garlic powder
½ c. cheddar cheese, softened	

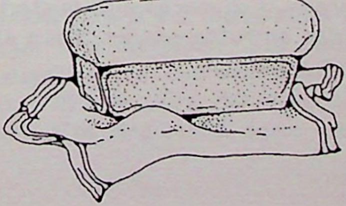
In mixing bowl, mix together baking mix, milk and cheese until soft dough forms. Then beat vigorously 30 seconds. Drop from spoon onto ungreased baking sheet and bake at 450° until golden brown (9 - 10 minutes). Mix together margarine and garlic powder and brush over hot biscuits. Serve immediately.

Cheese Drop Biscuits

Terri Koelsch

1 c. self-rising flour	½ c. milk
½ c. cheddar cheese	2 Tbsp. mayonnaise

Mix all ingredients together and bake at 425° for 17 - 20 minutes.



Mile High Biscuits

Judy Roberts Anderson

- 2 c. all-purpose flour
- 1 c. whole wheat flour
- 4 ½ tsp. baking powder
- 2 Tbsp. sugar
- ¼ tsp. salt
- ¾ tsp. cream of tartar
- ¾ c. butter, softened and cut into pats
- 1 egg, lightly beaten
- 1 c. milk

In large bowl, combine flours, baking powder, sugar, salt and cream of tartar. Using a pastry blender, cut butter into dry ingredients until mixture resembles coarse meal. Add egg and milk, stirring with fork until smooth. Knead dough on lightly floured board. Roll dough out to 1-inch thickness and cut into 2-inch biscuits. Place in greased, 9-inch square pan and bake at 450° for 12 - 15 minutes or until golden brown.

Butterscotch Crescents

Denise Hearson

- 1 pkg. butterscotch pudding
- 1 ½ c. cream or evaporated milk
- ½ c. butter
- 1 pkg. yeast
- ¼ c. lukewarm water
- 2 tsp. salt
- 2 eggs
- 4 - 4 ½ c. flour

Filling:

- ¼ c. butter, melted
- ⅔ c. brown sugar
- ⅔ c. coconut
- 2 Tbsp. flour
- nuts if desired

Frosting:

- 2 Tbsp. butter
- ¼ c. brown sugar
- 2 Tbsp. milk
- 1 c. powdered sugar

Cook pudding mix with cream until thick. Remove from heat and add butter. When cool, add yeast which has been dissolved in warm water. Add salt and eggs; mix well. Add flour. Knead lightly. Let rise until doubled. Roll dough into circle and cut into pie shaped pieces. Roll pieces into butterhorn, putting the filling inside. Let rise on buttered pan. Bake at 350° for about 20 minutes. Frost while hot.

Breakfast Apple Fritters

Mike Sanders

1 c. flour
1 ½ tsp. baking powder
½ tsp. salt
1 tsp. cinnamon
½ c. milk
2 eggs, beaten
1 Tbsp. lemon juice
4 large apples, peeled, cored and sliced thin

Sift flour, baking powder, salt and cinnamon together. Add eggs to milk. Beat into flour mixture. If the batter looks too thin, don't add all the eggs and milk liquid. The batter should be thicker than pancake batter. Sprinkle the lemon juice over the apples, then dip in sugar. Dip into batter and fry in deep hot fat until golden brown.

Best Baked Donuts

Denise Hearson

⅔ c. shortening
1 c. sugar
2 eggs
1 c. milk
3 c. flour
4 ½ tsp. baking powder
½ tsp. salt
½ tsp. nutmeg

Preheat oven to 350°. Blend shortening with sugar. Add eggs and beat well. Combine or sift dry ingredients together. Add alternating with milk. Fill greased muffin pans ⅔ full. Bake about 15 minutes or until lightly brown. Prepare topping. Dip warm donuts in melted margarine and roll in cinnamon-sugar mixture.

Cinnamon Sticky Buns

Di Fisher

1 c. packed brown sugar
½ c. corn syrup
½ c. butter or margarine
1 c. coarsely chopped pecans
½ c. sugar
¼ c. ground cinnamon
2 tubes (17.3 oz. each) large refrigerated biscuits

In a saucepan, combine the brown sugar, corn syrup and butter; cook and stir until sugar is dissolved. Add the pecans. Spoon into a greased 13 x 9 x 2 inch baking pan. In a shallow bowl, combine sugar and cinnamon. Cut each biscuit in half; dip in cinnamon-sugar. Place, cut side down, over brown sugar mixture. Bake at 375° for 25 - 30 minutes or until golden brown. Invert onto a serving plate; serve warm.

Super Easy Cinnamon Rolls

Terri Koelsch

- 2 loaves frozen bread or rolls, thawed
- 1 stick butter
- 1 c. brown sugar
- 1 c. vanilla ice cream
- cinnamon
- sugar

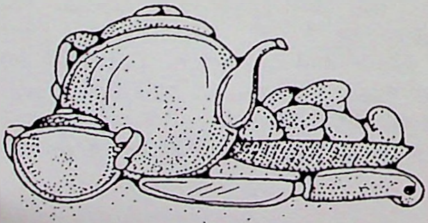
Break bread loaves into chunks and roll in cinnamon and sugar. Put in a 9 x 13 inch pan. Let rise. Melt together butter, brown sugar and ice cream. Heat until it begins to boil. Pour mixture over dough. Bake at 350° for about 20 minutes.

Baked French Toast

Paula Rixon

- ⅓ c. butter, melted
- ⅓ c. maple syrup or maple-flavored syrup
- ½ c. chopped pecans, toasted
- 8 - 10 1-inch thick slices French bread
- 4 eggs, beaten
- 1 ¾ c. milk

In a small bowl, stir together the melted butter and maple syrup. Pour into a 3-quart baking dish. Sprinkle ¼ c. of the chopped pecans over the butter mixture. Arrange bread slices in a single layer on top of the nuts. Set baking dish aside. In a medium mixing bowl combine eggs and milk. Pour egg mixture over the bread in the baking dish. Sprinkle the remaining ¼ c. pecans over top of bread slices. Cover and refrigerate the mixture for 2 to 24 hours. Remove cover from baking dish; bake in a 350° oven for 30 to 35 minutes or until the center appears set and the top is lightly browned. Let the French toast stand about 10 minutes before serving. Serve with sliced bananas and strawberries and/or maple syrup or maple flavored syrup, if desired.



Stuffed French Toast Strata

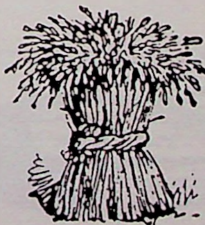
(With Apple Cider Syrup)

1 1 lb. loaf unsliced French bread
1 8 oz. pkg. cream cheese, cubed
8 eggs
2 ½ c. milk, light cream, or half and half
6 Tbsp. butter or margarine, melted
¼ c. maple syrup
1 recipe Apple Cider Syrup

Apple Cider Syrup:

½ c. sugar
4 tsp. cornstarch
½ tsp. ground cinnamon
1 c. apple cider or apple juice
1 Tbsp. lemon juice
2 Tbsp. butter or margarine

Cut French bread loaf into cubes. (You should have about 12 cups bread cubes.) Grease a 13 x 9 x 2 inch baking dish. To assemble, in the prepared baking dish place half of the bread cubes. Top with the cream cheese cubes, and then with the remaining bread cubes. In a blender container or a mixing bowl with a rotary beater, mix together eggs, milk, melted butter or margarine, and maple syrup till well combined. Pour egg mixture evenly over bread and cheese cubes. Using a spatula, slightly press layers down to moisten. Cover with plastic wrap and refrigerate for 2 to 24 hours. Remove plastic wrap from baking dish. Bake in a 325° oven for 35 - 40 minutes or till the center appears set and the edges are lightly golden. Let stand about 10 minutes before serving. Serve with the Apple Cider Syrup. Makes 6 to 8 servings. Apple Cider Syrup: In a small saucepan stir together the sugar, cornstarch, and cinnamon. Then stir in the apple cider or juice and lemon juice. Cook and stir the mixture over medium heat till mixture is thickened and bubbly. Then cook and stir for 2 minutes more. Remove saucepan from heat and stir in the butter or margarine till melted. Makes about 1 ⅓ cups.



Crisco Oil Pie Crust

Terri Koelsch

2 ¼ c. flour	**⅔ c. Crisco oil**
1 tsp. salt	**¼ c. water**

Mix flour and salt together with fork. Add oil and stir until mixed well. Add water and stir until ball forms. Divide dough in half. Roll between 12 x 12-inch pieces of wax paper. If you will dampen surface, paper will stay put. This dough is flaky and easy to handle. Makes two crusts.

Melissa's Pie Crust

Lisa Cornwell

2 c. flour	**⅔ c. + 2 Tbsp. shortening**
1 tsp. salt	**4 - 5 Tbsp. ice water**

Measure flour and salt into bowl. Cut in shortening thoroughly. Sprinkle in water, 1 Tbsp. at a time, mixing until all flour is moistened and dough almost cleans sides of bowl. (1 - 2 tsp. water can be added if needed.) Gather dough into ball; shape into flattened round on light floured cloth covered board. With rolling pin, roll dough 2 inches larger than inverted pie pan. Fold pastry into quarters; unfold and ease into pan. For one crust: Trim overhanging edge of pastry 1 inch from rim of pan. Fold and roll pastry under, even with pan; flute. Fill and bake as needed in recipe. For baked pie shell: Prick bottom and side thoroughly with fork. Bake at 475° for 8 - 10 minutes.

Pie Crust

Denise Hearson

1 c. flour	**½ tsp. salt**
⅓ c. shortening	

Cut all ingredients together. Add enough water until it's good.

Apple Pie Filling

Jeni Jones

9 c. water	¼ tsp. cloves
4 ½ c. sugar, divided	1 c. cold water
1 c. cornstarch	¼ tsp. salt
¼ tsp. nutmeg	3 Tbsp. lemon juice
2 tsp. cinnamon	apples

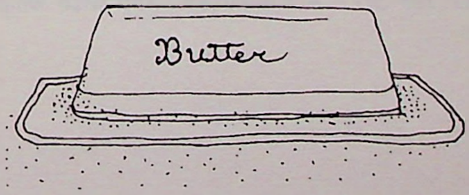
Bring to a boil 9 c. water and 3 ½ c. sugar. In a large mixing bowl add remaining ingredients, except apples. Stir into the boiling ingredients and cook until clear. While this is cooking, peel, core and slice apples into quart jars. Cover with liquid. Seal and process in boiling water bath for 25 minutes. Makes 7 quarts.

Apple Cranberry Pie

Nolen Taton

1 pkg (8 oz.) Philadelphia Cream cheese, softened	1 tsp. ground cinnamon, divided
½ c. firmly packed brown sugar, divided	⅓ c. flour
1 egg	⅓ c. old-fashioned or quick-cooking oats, uncooked
1 (9-inch) unbaked pastry shell	¼ c. (½ stick) butter or margarine
2 c. sliced apples	¼ c. chopped nuts
½ c. halved cranberries	

Mix cream cheese and ¼ c. of the sugar with electric mixer on medium speed until well blended. Blend in egg. Pour into pastry shell. Toss apples, cranberries and ½ tsp. cinnamon. Spoon over cream cheese mixture. Mix flour, oats, remaining ¼ c. sugar and remaining ½ tsp. cinnamon. Cut in butter until mixture resembles coarse crumbs. Stir in nuts. Spoon over fruit mixture. Bake at 375° for 40 to 45 minutes or until lightly browned. Cool slightly before serving.



Southern Ambrosia Apple Pie

Terri Koelsch

½ c. packed brown sugar
½ c. apple juice
2 Tbsp. butter or margarine
2 Tbsp. cornstarch
¼ tsp. salt
4 c. thinly sliced peeled baking apples
2 tsp. lemon juice
1 pastry shell (9 inches), baked
1 egg
⅔ c. evaporated milk
½ c. sugar
½ c. flaked coconut
2 tsp. vanilla extract
1 tsp. ground cinnamon

Pecan Cream Topping:

1 pkg. (8 oz.) cream cheese, softened
½ c. sugar
¾ c. chopped pecans, toasted
1 tsp. vanilla extract
1 carton (8 oz.) frozen whipped topping, thawed
whole pecans, toasted, optional

In a saucepan over medium heat, bring brown sugar, apple juice, butter, cornstarch and salt to a boil. Stir in apples and lemon juice; cook and stir over low heat until apples are crisp-tender, 5 - 8 minutes. Pour into pastry shell. In a small bowl, beat egg, milk, sugar, coconut, vanilla and cinnamon; mix well. Pour over apple mixture. Bake at 350° for 40 - 45 minutes or until mixture is set. Cool on a wire rack. For topping, beat the cream cheese and sugar in a mixing bowl. Stir in pecans and vanilla. Fold in whipped topping. Spread over pie. Garnish with pecans if desired. Chill for 4 - 6 hours.

Swedish Apple Pie

Nolen Taton

1 egg, slightly beaten
¾ c. sugar (½ brown, ½ white)
¼ tsp. salt
½ c. flour
1 tsp. baking powder
2 c. diced apples
½ c. coconut
½ c. walnuts
little vanilla (optional)

Mix all together. Pour into a greased 8-inch pie plate. Bake at 350° for 35 - 40 minutes. Top with whipped cream or ice cream.

Banana Cream Pie

Denise Hearson

- ¾ c. sugar
- ⅓ c. flour to ½ c. flour
- ⅛ tsp. salt
- 2 c. scalded milk
- ½ tsp. vanilla
- 2 Tbsp. butter
- 3 eggs, well beaten
- 2 bananas

Meringue:

- 3 egg whites
- dash of salt
- ¼ tsp. cream of tartar
- 6 Tbsp. sugar

Mix together sugar, flour and salt. Scald milk in double broiler. Add flour mixture. Put on lid and cook for 10 minutes until well thickened. Add beaten egg yolks. Cook another 2 - 3 minutes. Take off burner and add vanilla and butter. Slice bananas and add. Pour into baked pie crust. Top with meringue and bake 5 minutes @ 375°. Meringue: beat egg whites and salt. Add cream of tartar and beat. Add sugar and beat.

Chocolate Fudge Pie

Craig Fisher

- 1 c. sugar
- 2 Tbsp. cocoa
- ⅓ c. flour
- ¼ tsp. salt
- 3 egg yolks
- 2 Tbsp. butter
- 1 ½ c. milk
- 1 tsp. vanilla

Foolproof Meringue:

- 1 level Tbsp. cornstarch
- 1 - 2 Tbsp. cold water
- ½ c. boiling water
- 3 egg whites
- 6 Tbsp. sugar

Mix dry ingredients, then add liquids. Beat until well blended. Cook in a double boiler. Stir with a potato masher to prevent scorching. Pour into a baked pie crust. For meringue, stir cornstarch into cold water, add to boiling water, and cook until clear. Cool. Beat egg whites, gradually add sugar. Beat until glossy and add to cooled cornstarch mixture. Pile on pie, bake at 375° for 15 minutes.

Cool & Simple Citrus Pie

Denise Hearson

- 1 can (6 oz.) frozen lemonade
- 1 pt. vanilla ice cream, softened
- yellow food coloring
- 3 ½ c. thawed cool whip (8 oz.)
- 1 graham cracker crust

Place lemonade in large mixing bowl and beat about 30 seconds. Gradually spoon in ice cream and blend. Fold in whipped topping and add food coloring, whipping until smooth. Freeze, if necessary, until mixture will mound. Spoon into pie crust. Freeze until firm, at least 4 hours.

Coconut Cream Pie

Di Fisher

- Single crust pie shell
- 1 c. sugar
- ½ c. all-purpose flour or ¼ c. cornstarch
- ¼ tsp. salt
- 3 c. milk
- 4 slightly beaten egg yolks
- 3 Tbsp. butter or margarine
- 1 ½ tsp. vanilla
- 1 (3 ½ oz.) can (1 ⅓ c.) flaked coconut
- 4 egg whites
- 1 tsp. vanilla
- ½ tsp. cream of tartar
- ½ c. sugar

In a medium saucepan, combine 1 c. sugar, flour or cornstarch and salt; gradually stir in the milk. Cook and stir over medium-high heat till thickened and bubbly. Cook and stir 2 minutes longer. Remove saucepan from the heat. Stir 1 c. of the hot mixture into the beaten egg yolks; immediately return all mixture to the hot mixture in the saucepan. Return to gentle boil. Cook and stir 2 minutes longer. Remove saucepan from the heat. Stir in butter or margarine and the 1 ½ tsp. vanilla. Stir in 1 c. of the coconut. Pour into cooled baked pastry shell. To make meringue, beat egg whites with the 1 tsp. vanilla and the cream of tartar till soft peaks form. Gradually add the ½ c. sugar, beating to stiff peaks. Spread over hot filling, sealing edges. Sprinkle meringue with the remaining coconut. Bake in a 350° oven for 12 to 15 minutes or till meringue is golden brown. Cool; chill.

Coconut Pie

Paula Rixon

- 4 eggs
- 1 ¾ c. sugar
- ½ c. flour
- ¼ c. margarine, melted
- 2 c. milk
- 1 ½ c. coconut
- 1 tsp. vanilla

Combine ingredients in order given; mix well. Pour into greased 10-inch pie pan. Bake at 350° for 45 minutes or until golden brown. It will have a delicate crust over the top, side and bottom. It will be solid enough to cut after it has cooled thoroughly. Center will be a perfect cream pie.

French Silk Pie

Terri Koelsch

- 1 stick butter, softened (no substitute)
- ¾ c. sugar
- 2 squares unsweetened chocolate, melted and cooled
- 2 eggs
- 1 tsp. vanilla
- 8 - 12 oz. cool whip

Cream butter and sugar. Add melted chocolate. Add 1 egg at a time, beating on high for 5 minutes for each egg. Fold in cool whip and vanilla. Put in baked pie shell.

Frozen Cherry Pie Filling

Lisa Cornwell

- 8 c. tart cherries
- 2 ½ c. sugar
- 5 Tbsp. cornstarch

Wash and pit cherries. Drain. Combine sugar and cornstarch. Stir in cherries; let stand till juicy, about 30 minutes. Cook over medium heat until mixture begins to thicken. Pour into freezer containers or unbaked pie shells. Seal, label and freeze.

Nellie's Pie

Paula Rixon

- 2 baked pie shells
- 1 can cherry pie filling
- ¾ c. sugar
- large can crushed pineapple with juice
- 1 Tbsp. cornstarch
- 1 tsp. red food coloring
- 3 oz. raspberry jello
- 6 bananas, sliced
- 1 c. chopped pecans

In a saucepan, combine pie filling, pineapple with juice, sugar, cornstarch and food coloring. Heat until thickened. Remove from heat, add jello. Cool. Add bananas and pecans. Pour into 2 baked pie shells. Serve with whipped topping.

Southern Pecan Pie

Nolen Taton

- 1 c. sugar
- ¾ c. light corn syrup
- ¼ tsp. salt
- ½ tsp. vanilla
- 1 Tbsp. flour
- ¼ c. margarine, melted
- 3 eggs, slightly beaten
- 1 ½ c. pecan halves
- 1 (9-inch) unbaked pie shell

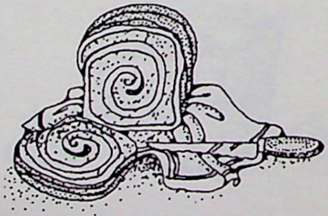
Stir the sugar, syrup, salt, vanilla and flour into the margarine. Blend into eggs. Stir in pecans. Pour into pie shell. Bake at 350° for 40 to 45 minutes. Cover crust with foil while baking.

Summer Pecan Pie

Paula Rixon

- 3 egg whites
- 1 c. sugar
- 1 tsp. baking powder
- 16 ritz crackers, crushed
- 1 tsp. vanilla
- ¾ c. chopped pecans

Beat egg whites until stiff. Beat in sugar, baking powder until stiff. Fold in crushed crackers, vanilla and pecans. Pour into buttered pie pan. Bake 30 minutes at 350°.



Colorado Peach Pie

Nolen Taton

Crust:

½ c. butter
½ tsp. salt
1 ½ c. flour

Filling:

4 c. fresh sliced peaches
1 c. sugar, divided
2 Tbsp. flour
1 egg
¼ tsp. salt
1 tsp. vanilla
1 c. sour cream

Topping:

⅓ c. sugar
¼ c. butter
⅓ c. flour
1 tsp. cinnamon

To make crust, cut butter into flour and salt. Press into a 9-inch pie pan. Slice peaches into a bowl, sprinkle with ¼ c. sugar. Let stand while preparing rest of filling. Combine ¾ c. sugar, flour, egg, salt and vanilla. Fold in sour cream. Stir into peaches and pour into crust. Bake 15 minutes at 400°F, then bake at 350°F for 20 minutes. To make topping, combine all ingredients until crumbly. Sprinkle topping over pie. Bake at 400°F for 10 minutes.

Peach Pie

Paula Rixon

1 c. water
1 c. sugar
3 Tbsp. cornstarch, moistened with water
3 Tbsp. peach jello, dry
yellow food coloring
6 medium peaches, sliced
1 baked pie shell
whipped topping, optional

Slice peaches into baked pie shell and set aside. Combine water and sugar and bring to a boil. Add cornstarch. Cook until thickened and remove from heat. Add dry peach jello and a few drops of yellow food coloring. Pour over peaches. Top with whipped cream if desired.

Peanut Butter Pie

Paula Rixon

½ c. peanut butter
4 oz. cream cheese
1 c. powdered sugar
8 oz. cool whip

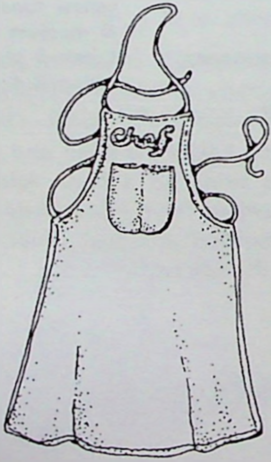
Cream sugar and cream cheese. Add peanut butter. Fold in cool whip and pour into a graham cracker crust. May top with additional cool whip and chopped nuts if desired.

Fresh Strawberry Glaze Pie

Vicki Prescott

1 graham cracker crust
1 qt. fresh hulled strawberries, sliced
¾ c. sugar
6 Tbsp. strawberry jello
¼ tsp. salt
2 Tbsp. cornstarch
1 c. water

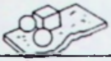
Fill pie shell with strawberries. Combine sugar, cornstarch, salt and water. Cook over low heat slowly until thickened and clear. Add jello and cook until jello is dissolved. Pour over strawberries and chill.



Cakes, Cookies & Desserts

Tried & True Recipes	Page Number

Candy Testing



Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water.
Divinity, Caramels	244-248	Firm Ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water.
Taffy	250-266	Hard Ball	Syrup forms hard ball, although it is pliable.
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water.
Peanut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water

Substitutions

1 c. whole milk
1/2 c. evaporated milk and 1/2 c. water 1/2 c. condensed milk and 1/2 c. water (reduce sugar in recipe) 4 T. powdered milk and 1 c. water • 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water

1 c. sour milk
1 c. sweet milk and 1 T. lemon juice or vinegar • 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 3/4 t. cream of tartar

1 c. sweet milk
1 c. sour milk or buttermilk plus 1/2 t. baking soda

1 c. sour, heavy cream (for sour milk recipe)
1/3 c. butter and 2/3 c. milk

1 c. sour, thin cream (for sour milk recipe)
3 T. butter and 3/4 c. milk

1 c. butter or margarine (for shortening)
4/5 c. bacon fat (clarified), increase liquid in recipe 1/4 c. • 2/3 c. chicken fat (clarified), increase liquid in recipe 1/4 c. • 7/8 c. cottonseed, corn, nut oil (solid or liquid) • 7/8 c. lard and salt • 1/2 c. suet and salt (increase liquid in recipe 1/4 c.)

1 1-oz. square unsweetened chocolate
3 T. cocoa plus 1/2 T. shortening

1 T. cornstarch (for thickening)
2 T. flour (approx.)

1 T. flour (for thickening)
1/2 to 2/3 T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks

1 c. sifted cake flour
1 c. minus 2 T. sifted all-purpose flour

1 c. sifted all-purpose flour
1 c. plus 2 T. sifted cake flour

1 whole egg
2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 egg yolks (in custards, etc.)

1 c. molasses • 1 c. honey

1 c. honey
3/4 c. sugar plus 1/4 c. liquid

1 c. granulated sugar
1 1/3 c. brown sugar or 1 1/2 c. powdered sugar

1 t. baking powder
1/4 t. baking soda plus 1/2 t. cream of tartar

1 lb. cornmeal • 3 cups

1 lb. cornstarch • 3 cups

1 lemon rind • 1 Tbsp. grated

3-4 med. oranges • 1 cup

1 orange rind • 2 Tbsp. grated

23 soda crackers • 1 cup crumbs

15 graham crackers • 1 cup crumbs

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Applesauce Cake

Mike Sanders

3 ½ c. applesauce
1 c. shortening
3 tsp. baking soda
1 ½ c. sugar
3 ½ c. flour
2 tsp. cinnamon
1 tsp. nutmeg, optional
½ tsp. salt
1 tsp. vanilla
½ lb. raisins

Heat applesauce to a slow boil in pan and add soda. Then add shortening and sugar. Mix in separate bowl; flour, cinnamon, nutmeg and salt. Add liquid and mix. Add vanilla and raisins. Pour into 9 x 13 baking pan and bake at 350° for 45 - 50 minutes.

Banana Cake

Di Fisher

½ c. shortening
1 ½ c. sugar
2 eggs
1 c. mashed bananas
2 tsp. vanilla
2 c. flour
1 tsp. soda
1 tsp. baking powder
¾ tsp. salt
¾ c. milk

Frosting:

3 oz. pkg. cream cheese
¾ stick butter or oleo
1 Tbsp. milk
1 tsp. vanilla
1 ¾ c. powdered sugar

Sift flour, soda, baking powder and salt. Set aside. Cream shortening, sugar and eggs. Add bananas and vanilla. Add dry ingredients. Mix together and add milk. Pour into greased and floured jellyroll pan and bake at 325° for 25 minutes or in a 9 x 13 pan, for 30 minutes. Cool. Frosting: Cream together cream cheese, butter, milk and vanilla. Gradually add powdered sugar. Frost cake.

Banana Split Cake

Nolen Taton

1 pkg. yellow cake mix
1 pkg. instant banana pudding and pie filling (4 serving size)
1 ½ c. water
⅓ c. vegetable oil
3 eggs
1 (8 oz.) can crushed pineapple, drained
1 (8 oz.) container frozen whipped topping, thawed, divided
1 (10 oz.) pkg. frozen strawberries, thawed and drained
¼ c. hot fudge, warmed enough to make it pourable, but not too hot or it will melt the frosting
14 maraschino cherries with stems
2 Tbsp. chopped walnuts

Preheat oven to 350°. Coat two 8-inch cake pans with nonstick cooking spray. In a large bowl, with an electric beater on medium speed, beat the cake mix, pudding mix, water, oil, and eggs until smooth. Stir in the pineapple then pour the batter into the cake pans, divided equally. Bake for 35 to 40 minutes, or until a wooden toothpick inserted in the center comes out clean. Allow to cool for 15 minutes then invert onto wire racks to cool completely. In a small bowl, combine ¾ c. whipped topping and the strawberries; mix well. Place one cake layer on a serving plate and frost the top with the strawberry mixture. Place the second layer over the first and frost the top and sides with the remaining whipped topping. Drizzle with the hot fudge then place the cherries around the edge of the cake top and sprinkle evenly with the nuts. Serve immediately, or cover and chill until ready to serve.

Banana Split Cake

Mike Sanders

2 c. crushed graham crackers
1 stick butter, melted
2 c. confectioners sugar
2 (8 oz.) pkgs. cream cheese
1 tsp. vanilla
3 to 4 bananas, sliced and dipped in lemon juice
1 (#2) can crushed pineapple, drained
2 (8 oz.) cartons cool whip
1 c. chopped pecans
1 c. sliced maraschino cherries

Mix graham crackers and butter together and press into a 9 x 13 pan. Beat sugar, cream cheese and vanilla and pour over crust. Layer remaining ingredients. Chill well.

Frosted Banana Bars

Vicky Mansel

1 c. butter or margarine, divided
1 ½ c. sugar
2 eggs
1 c. sour cream
4 tsp. vanilla, divided
2 c. flour
1 tsp. baking soda
¼ tsp. salt
1 ½ c. bananas, mashed
8 oz. cream cheese, softened
4 c. powdered sugar

In a mixing bowl, cream ½ c. softened butter and sugar. Add eggs, sour cream and 2 tsp. vanilla. Combine flour, baking soda and salt; gradually add to the creamed mixture. Stir in bananas. Spread into a greased 10 x 15 inch baking pan. Bake at 350° for 20 to 25 minutes or until a toothpick inserted near the center comes out clean. Cool. For frosting, in a mixing bowl, beat cream cheese, remaining butter and vanilla. Gradually beat in enough powdered sugar to achieve desired consistency. Frost bars.

Better Than Almost Anything Cake

Vicki Prescott

1 pkg. German chocolate cake mix
Water, oil & eggs as called for on cake mix package directions
1 (14 oz.) can sweetened condensed milk
1 (17 oz.) jar caramel, butterscotch or fudge topping
1 (8 oz.) container frozen whipped topping
1 (8 oz.) bag toffee chips or bits

Preheat oven to 350°. Bake cake as directed on package in a 9 x 13 pan. Cool 15 minutes. Poke top of warm cake every ½ inch with handle of wooden spoon, wiping handle occasionally to reduce sticking. Drizzle sweetened condensed milk evenly over top of cake; let stand until milk has been absorbed into cake. Drizzle with caramel topping. Cover and refrigerate about 2 hours or until chilled. Spread whipped topping over top of cake. Sprinkle with toffee chips. Cover and refrigerate any remaining cake.

Old-Fashioned Carrot Cake

Paula Rixon

- 2 ½ c. all purpose flour
- 2 ½ tsp. baking powder
- 1 ¼ tsp. baking soda
- 1 ¼ tsp. salt
- 1 ¼ tsp. ground cinnamon, divided
- 5 eggs
- 1 ¼ c. granulated sugar
- 1 ¼ c. packed light brown sugar
- 1 c. oil, preferably canola
- 1 ¼ tsp. vanilla extract
- 4 c. shredded carrots, about 1 lb., patted dry
- 1 (8 oz.) can crushed pineapple, drained, squeezed dry
- 1 c. chopped pecans
- 1 c. raisins
- 1 (8 oz.) pkg. cream cheese, at room temperature
- ½ c. confectioners' sugar
- ¼ c. + 1 Tbsp. milk
- Marzipan carrots, optional

Preheat oven to 350°. Grease and flour 12-cup Bundt pan. Combine the first 4 ingredients and 1 tsp. cinnamon. At medium speed beat next 5 ingredients until light and smooth, 2 minutes. Reduce speed to low. Add flour mixture; beat until combined. Beat in carrots, pineapple, pecans and raisins until blended. Pour into pan. Bake 1 hour or until skewer inserted into center comes out with moist crumbs. Cool on rack 20 minutes. Remove from pan; cool. For glaze, at high speed beat cream cheese, confectioners sugar and remaining cinnamon until smooth, 1-2 minutes. Reduce speed to medium-low. Beat in enough milk until mixture is pourable. Place cake on platter. Pour glaze over cake. Garnish with carrots, if desired.

Chocolate Cherry Cake

Vicki Prescott

- 1 box chocolate fudge cake mix
- 1 can cherry pie filling
- 1 tsp. almond flavoring
- 2 eggs

Frosting:

- 1 c. sugar
- 5 Tbsp. oleo
- ⅓ c. milk
- 6 oz. chocolate chips

Mix cake ingredients by hand so as not to pulverize the cherries. Bake according to package directions.

Boil together milk, sugar and oleo for 1 minute, stirring constantly. Stir in chocolate chips while hot. Stir until smooth and spread over cake.

Chocolate Sheath Cake

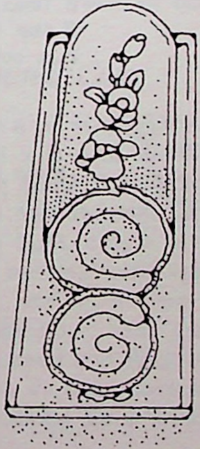
Mike Sanders

2 c. flour	½ c. buttermilk
2 c. sugar	2 eggs, beaten
1 stick butter	1 tsp. soda
½ c. oil	2 tsp. vanilla
4 Tbsp. cocoa	½ tsp. salt
1 c. water	1 ½ tsp. cinnamon

Frosting:

4 Tbsp. cocoa	6 Tbsp. milk
1 stick butter	1 box powdered sugar

In a bowl, combine flour, sugar, cinnamon, and salt. Set aside. Combine butter, oil, cocoa and water in a saucepan. Bring to a boil. Pour over flour mixture and beat well. Add remaining ingredients and mix thoroughly. Pour into 18 x 12 x 1 pan and bake at 400° for 20 minutes. Five minutes before the cake is done, make frosting. Combine cocoa, butter and milk in saucepan, bring to a boil. Remove from heat and beat in powdered sugar and ½ c. nuts if desired. Pour over hot cake.



Chocolate Sheet Cake

Nolen Taton

1 stick margarine
½ c. salad oil
4 Tbsp. cocoa
1 c. water
2 c. white sugar
2 c. flour
½ tsp. salt
1 tsp. soda
¾ tsp. cinnamon
½ c. buttermilk
2 eggs, well beaten
1 tsp. vanilla

Frosting:

1 stick margarine
1 lb. powdered sugar
3 Tbsp. cocoa
6 Tbsp. milk
1 tsp. vanilla
½ c. chopped nuts

Put margarine, oil, cocoa and water into saucepan. Bring to a boil. While this mixture is heating, combine dry ingredients in mixer bowl. Mix remaining ingredients in another bowl. Pour the boiling cocoa mixture over dry ingredients. Mix together. Then add buttermilk and vanilla. Bake in an 11 x 18 inch greased pan for 20 minutes in a 375° oven. About 10 minutes before cake is done, prepare frosting. Bring cocoa, oleo and milk to a boil. Be careful not to scorch. Remove from heat and cool slightly. Add powdered sugar, nuts and vanilla. Beat well. Spread gently over cake as soon as it is removed from oven.

Eggless Chocolate Cake

Nolen Taton

3 c. flour
2 c. sugar
2 tsp. soda
¼ tsp. salt
5 Tbsp. cocoa
¾ c. oil
2 Tbsp. vinegar
2 tsp. vanilla
2 c. cold water

Stir dry ingredients together in a large bowl. Add liquid ingredients. Beat well. Pour into 9 x 13 inch ungreased and unfloured pan. May use 2 8-inch round pans or 24 lined muffin cups. Bake at 350° 30 minutes for cake, 20 minutes for cupcakes.

Cocoa Cocoa Pink Cake

Jeni Jones

¾ c. shortening	1 tsp. vanilla
1 ¼ c. sugar	1 tsp. baking soda
2 c. flour	1 c. cold water
1 Tbsp. cocoa	1 c. chocolate chips
1 tsp. salt	¼ c. nuts (optional)
2 eggs, unbeaten	

Sift flour, cocoa and salt. Set aside. Cream together shortening and sugar. Blend in eggs and vanilla. Dissolve soda in water. Add alternately with dry ingredients. Pour into greased pan. Sprinkle with chocolate chips and nuts. Bake at 375° for 20 to 25 minutes.

Chocolate Chip Cupcakes

Denise Hearson

8 oz. cream cheese	½ tsp. salt
1 egg, beaten	¼ c. cocoa
1 ⅓ c. sugar, divided	1 tsp. baking soda
⅛ tsp. salt	1 c. water
1 c. chocolate chips	⅓ c. oil
1 ½ c. flour	1 Tbsp. vinegar

Combine cream cheese, egg, ⅓ c. sugar and salt. Beat well. Stir in chocolate chips. Set aside. Sift together flour, cocoa, salt and baking soda. Combine dry ingredients with remaining sugar and add water, oil and vinegar. Beat until well blended. Fill muffin tin ⅓ full. Top each with a heaping teaspoon of cream cheese mixture. Bake at 350° for 20 minutes.

Cream Cheese Pound Cake

Vicky Mansel

1 ½ c. butter (at room temperature)	2 ⅓ c. sugar
8 oz. cream cheese (at room temperature)	6 eggs (at room temperature)
	3 c. flour
	1 tsp. vanilla

In a large mixing bowl, cream butter and cream cheese. Gradually add sugar, beating until light and fluffy, about 5 - 7 minutes. Add eggs, one at a time, beating well after each addition. Gradually add flour, beat just until blended. Stir in vanilla. Pour into a greased and floured 10-inch tube pan. Bake at 300° for 1 ½ hours or until cake tests done. Cool in pan 15 minutes before removing to a wire rack. Cool completely.

Italian Cream Cake

Nolen Taton

1 stick margarine
½ c. crisco
2 c. sugar
5 egg yolks
1 c. buttermilk
1 c. coconut
1 c. nuts
5 stiffly beaten egg whites
2 c. flour
1 tsp. soda
1 tsp. vanilla

Frosting:

8 oz. cream cheese
½ stick margarine
1 box powdered sugar
1 tsp. vanilla
chopped nuts

Cream butter and crisco. Add sugar, egg yolks; beat well. Add vanilla, flour, soda alternately with buttermilk. Add coconut and nuts and gently fold in egg whites. Pour into 3 greased and floured round cake pans. Bake 25 - 30 minutes at 350°.

For frosting, beat cream cheese until smooth. Add butter and beat. Add sugar and vanilla and mix. Add nuts as you spread frosting on layers and top of cake.

Quick Italian Cream Cake

Terri Koelsch

1 (18.25 oz.) pkg. white cake mix with pudding
3 large eggs
1 ¼ c. buttermilk
¼ c. vegetable oil
1 (3 ½ oz.) can flaked coconut
1 ⅔ c. chopped pecans, toasted and divided
3 Tbsp. rum (optional)
2 (12 oz.) containers cream cheese frosting

Preheat the oven to 350°. Beat first 4 ingredients at medium speed of an electric beater 2 minutes. Stir in coconut and ⅔ cup pecans. Pour into 3 greased and floured 9-inch round cake pans. Bake at 350° for 15 to 17 minutes or until a wooden toothpick inserted in center comes out clean. Cool in pans on wire racks 10 minutes. Remove from pans, and cool completely on wire racks. Sprinkle each cake layer with rum, if desired. Let stand 10 minutes. Stir together frosting and remaining 1 cup toasted pecans. Spread frosting between layers and on top and sides of cake. Chill 2 hours before slicing.

Lemon Bars

Denise Hearson

½ c. butter	1 c. sugar
1 c. flour	2 Tbsp. flour
¼ c. powdered sugar	½ tsp. baking powder
2 eggs, beaten	2 Tbsp. lemon juice

Frosting:

¾ c. powdered sugar	lemon juice to spread
1 Tbsp. butter	

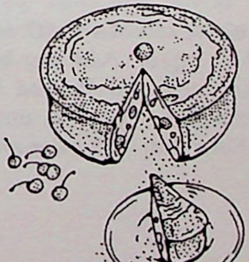
Combine butter, flour and powdered sugar and put in a 9-inch square pan. Bake 15 minutes at 350°. Mix together eggs, sugar, flour, baking powder and lemon juice. Pour over baked crust. Bake 25 minutes. Cool and frost.

Lemon Bars

Mike Sanders

1 ½ c. all purpose flour	1 ½ c. sugar
⅔ c. confectioners sugar	3 Tbsp. all purpose flour
¾ c. butter or margarine (softened)	¼ c. lemon juice
3 eggs, lightly beaten	additional confectioners sugar

Combine flour, sugar and butter; pat into a greased 9 x 13 x 2-inch pan. Bake at 350° for 20 minutes. Meanwhile, in a bowl, whisk eggs, sugar, flour and lemon juice until frothy. Pour over hot crust. Bake at 350° for 20 - 25 or until light golden brown. Cool on a wire rack. Dust with confectioners sugar. Cut into squares.



Mississippi River Mud Cake

Paula Rixon

4 eggs
2 c. sugar
3 Tbsp. cocoa
1 c. oleo
1 ½ c. flour
1 tsp. baking powder
1 ½ c. flaked coconut
1 c. chopped nuts
1 tsp. vanilla
dash salt
1 (9 oz.) jar marshmallow creme

Frosting:

½ c. softened oleo
1 box powdered sugar
1 tsp. vanilla
⅓ c. cocoa
½ c. canned milk

Cream together eggs, sugar, oleo and vanilla. Gradually add flour, cocoa, baking powder and salt. Pour into greased, floured 9 x 13 inch pan. Bake 30 to 40 minutes at 350°. As soon as cake comes from oven, spread marshmallow creme over hot cake. Cool completely. Combine all frosting ingredients and blend until smooth. Spread. Store cake in refrigerator.

Oatmeal Cake

Di Fisher

1 ¼ c. boiling water
1 c. quick cooking oats
1 stick butter or oleo
1 c. white sugar
1 c. brown sugar
1 tsp. vanilla
2 eggs
1 ⅓ c. flour
1 tsp. baking powder
1 tsp. soda
1 tsp. cinnamon
½ tsp. salt

Topping:

1 stick oleo or butter
1 c. brown sugar
1 small can evaporated milk
1 c. coconut
1 c. chopped nuts

Pour water over oats; let stand 10 minutes. Cream oleo, sugars and vanilla. Add eggs. Add dry ingredients. Combine with oats. Bake in greased and floured 9 x 13 inch pan at 350° for 20 to 25 minutes. Topping: melt oleo; add rest in order given. Mix well. Pour over hot cake and place under broiler until bubbly.

Orange Mandarin Cake

Brenda Reno

2 (11 oz.) cans mandarin oranges
1 yellow cake mix
4 eggs
½ c. vegetable oil
⅛ tsp. baking soda
1 large pkg. vanilla instant pudding
1 (20 oz.) can crushed pineapple
1 (16 oz.) container whipped topping

Preheat oven to 350°. Drain oranges, reserving ¾ c. liquid. Mix cake mix, eggs, oil, reserved liquid, baking soda, and half the mandarin oranges in large bowl. Pour into 3 greased and floured 9-inch cake pans. Bake 25 to 30 minutes or until cake tests done. Cool in pans for 10 minutes. Remove to wire rack to cool completely. Combine pudding mix, pineapple, and whipped topping in bowl. Mix well. Spread between layers and over top and side of cake. Garnish with remaining oranges. Chill overnight.

Pineapple Upside-Down Cake

Nolen Taton

¼ c. butter or margarine
1 c. packed brown sugar
1 (20 oz.) can sliced pineapple in juice, drained and juice reserved
1 (6 oz.) jar maraschino cherries, drained
1 pkg Betty Crocker SuperMoist yellow cake mix
oil and eggs as called for on cake mix package directions

Preheat oven to 350°. Melt butter in 13 x 9 inch pan in oven. Sprinkle brown sugar evenly over butter. Arrange pineapple slices and cherries over top; press gently. Add enough water to pineapple juice to measure 1 ¼ cups. Make cake batter as directed on package - except use pineapple juice mixture instead of the water. Pour batter over pineapple and cherries. Bake 40 to 45 minutes or until toothpick inserted in center comes out clean. Immediately turn pan upside down onto heatproof serving plate; leave pan over cake 1 minute. Serve warm or cool. Store loosely covered.

Pumpkin Sheet Cake

Di Fisher

- 1 ½ c. flour
- 2 c. sugar
- 4 eggs
- 1 c. oil
- 1 tsp. soda
- 1 tsp. baking powder
- ¾ tsp. salt
- 2 tsp. cinnamon
- 1 c. pumpkin

Icing:

- 3 oz. pkg. cream cheese
- ¾ stick butter or oleo
- 1 Tbsp. milk
- 1 tsp. vanilla
- 1 ¾ c. powdered sugar

Mix all cake ingredients in a bowl and blend well. Pour into a greased jellyroll pan. Bake at 350° for 20 minutes. Cream first 4 icing ingredients together, then gradually add powdered sugar.

Pumpkin Pie Cake

Paula Rixon

Crust:

- 1 box white or yellow cake mix, reserving 1 c.
- ½ c. margarine, melted
- 1 egg, beaten

Filling:

- 2 eggs
- ⅔ c. evaporated milk
- 2 c. (1 lb.) pumpkin
- ½ c. brown sugar
- ¼ c. white sugar
- ½ tsp. vanilla
- 1 tsp. cinnamon
- dash of ginger
- dash of cloves
- ½ tsp. salt

Topping:

- 1 c. (reserved) cake mix
- ½ c. sugar
- ½ tsp. cinnamon
- ¼ c. margarine
- ½ c. chopped nuts

Combine crust ingredients and press into a 9 x 13 inch pan. Combine filling ingredients and pour over crust. Combine topping ingredients to make crumbs to sprinkle over filling. Bake at 350° for 40 - 50 minutes until done. Serve with whipped topping or ice cream.

Pumpkin Delight

Vicki Prescott

4 eggs, slightly beaten
1 tsp. salt
2 tsp. cinnamon
1 tsp. ginger
½ tsp. ground cloves
1 can pumpkin (2 c.)
1 large can evaporated milk
2 tsp. vanilla
1 ½ c. sugar
1 yellow cake mix
1 c. nuts
1 ½ c. oleo, melted

Mix together eggs, salt, cinnamon, ginger, cloves, pumpkin, milk, vanilla and sugar. Put into 9 x 13 pan. Sprinkle cake mix and nuts over top. Pour oleo over the whole thing - Do not stir. Bake at 325° for 1 ½ hours.

Pumpkin Squares

Mike Sanders

Crust:

1 yellow cake mix, minus 1 c.
½ c. butter
1 egg

Filling:

1 lb. pumpkin
2 eggs
⅓ c. milk

Topping:

¼ c. butter
¼ c. sugar
1 tsp. cinnamon

In a 9 x 13 pan, press crust mixture in bottom of pan. Mix together filling ingredients and pour over crust. Mix together topping ingredients and crumble over filling. Topping will be gummy. Bake at 300° for 45 - 50 minutes. Chill and cut into squares.

Pumpkin Squares

Paula Rixon and Nolen Taton

2 c. all-purpose flour
1 ½ c. sugar
2 tsp. baking powder
2 tsp. ground cinnamon
1 tsp. baking soda
¼ tsp. salt
¼ tsp. ground cloves
4 eggs, beaten
1 (16 oz.) can pumpkin
1 c. cooking oil

Cream Cheese Frosting:

2 (3 oz.) pkgs. cream cheese
½ c. margarine or butter, softened
2 tsp. vanilla
4 ½ to 4 ¾ c. sifted powdered sugar

Combine flour, sugar, baking powder, cinnamon, soda, salt and cloves. Stir in eggs, pumpkin, and cooking oil till thoroughly combined. Spread batter into an ungreased 15 x 10 x 1 inch baking pan. Bake in a 350° oven for 25 to 30 minutes or till a toothpick inserted near the center comes out clean. Cool on a wire rack.

In a bowl, beat together cream cheese, margarine and vanilla till light and fluffy. Gradually add 2 c. powdered sugar, beating well. Gradually beat in enough remaining powdered sugar to make frosting of spreading consistency. Frost cake, cover and store in refrigerator.

Snicker Cake

Vicki Prescott

1 German chocolate cake mix
½ c. chopped nuts
⅓ c. milk
1 (6 oz.) pkg. chocolate chips
1 pkg. caramels
1 stick oleo

Make cake according to directions on box. Bake half the mixture in a greased 9 x 13 pan, 20 minutes at 350°. Melt butter, caramels and milk and pour over cake. Sprinkle nuts over the top, sprinkle chocolate chips over that. Spread (dot) remaining cake mixture on top. Bake 20 minutes at 250° and 10 minutes at 350°.

Spring Fling Cake

Vicki Prescott

1 yellow cake mix
4 eggs
½ c. oil
1 can mandarin oranges (juice and all)

Icing:

1 large container of cool whip
1 large can crushed pineapple, juice and all
1 large pkg. vanilla instant pudding

Mix all cake ingredients together and pour into 3 layer pans. Bake at 325° until inserted toothpick comes clean. Stir icing ingredients together and frost cake.

Sunshine Cake

JD Hager

1 c. sifted cake flour
1 c. sugar
6 egg whites
¼ tsp. salt
¼ tsp. cream of tartar
4 egg yolks
½ tsp. lemon extract

Lemon Frosting:

2 ½ c. confectioners sugar
3 Tbsp. lemon juice
⅛ tsp. lemon rind, grated
dash of salt
3 Tbsp. butter, melted
1 Tbsp. cream

Sift flour and ½ c. sugar 3 times. Beat egg whites until foamy. Add salt and cream of tartar until stiff but not dry. Beat egg yolks until light and lemon colored; add ½ c. sugar and lemon extract. Beat thoroughly. Combine two mixtures. Fold in the flour mixture. Pour into angel cake pan. Bake at 325° for 50 to 60 minutes. Invert cake to cool.

Cream frosting ingredients and beat until creamy and of spreading consistency. A little more cream may be necessary.

White Chocolate Cake

Brenda Reno

¼ lb. white chocolate (plain or with almonds)
½ c. boiling water
1 c. butter
1 ¾ c. sugar
2 ½ c. sifted flour
1 tsp. baking soda
4 eggs, well beaten
1 c. buttermilk
1 c. coconut
1 c. pecans, floured lightly
1 tsp. vanilla

Frosting:

½ c. butter
8 oz. cream cheese
3 c. confectioners sugar
1 tsp. vanilla
½ c. coconut
pecan halves

Melt chocolate in boiling water. Cool. Cream butter and sugar. Add to chocolate mixture. Mix flour and baking soda. Add alternately with eggs and buttermilk to the chocolate mixture. Beat well after each addition. Add coconut, pecans, and vanilla. Blend thoroughly. Pour batter into 3 greased and floured 8- or 9-inch round cake pans. Bake at 350° for 30 minutes. Cool. Remove from pans and frost. For frosting, cream butter and cream cheese. Add sugar and vanilla. Frost and sprinkle with coconut between layers and on top. Decorate top with pecan halves.

Must do one day ahead.

Chocolate Frosting

Vicki Prescott

1 c. sugar
½ c. milk
5 Tbsp. oleo
6 oz. chocolate chips

Mix together sugar, milk and oleo. Boil 1 minute, stirring constantly. Stir in chocolate chips while hot. Stir until smooth and spread over cake.

Party Pink Cake Frosting

Vicki Prescott

2 Tbsp. strawberry jello
2 c. powdered sugar
¼ c. butter
3 Tbsp. hot water

Mix powdered sugar, butter, hot water and add jello. Mix well with mixer.

Amaretto Cheesecake

Brenda Reno

Crust:

2 c. vanilla wafer crumbs
2 Tbsp. sugar
½ c. melted butter or margarine

Filling:

32 oz. cream cheese, softened
1 c. sugar
2 eggs
¼ c. Amaretto

Topping:

2 c. sour cream
¾ c. sugar
2 Tbsp. Amaretto
½ c. sliced almonds

Preheat oven to 350°. Mix wafer crumbs, sugar and butter in bowl. Press into 10-inch springform pan. Bake for 5 minutes. Beat cream cheese in mixer bowl. Add sugar, mix well. Add eggs, 1 at a time, beating well after each addition. Stir in Amaretto. Pour into prepared pan. Bake for 40 minutes. Beat sour cream in mixer bowl at medium speed for 2 minutes. Add remaining sugar and Amaretto, beat for 1 minute. Pour over cheesecake. Bake for 10 minutes. Cool to room temperature. Chill for 8 hours. Sprinkle almonds around edge. Remove from pan.

Autumn Cheesecake

Nolen Taton

Crust:

1 c. graham cracker crumbs	**½ tsp. ground cinnamon**
½ c. finely chopped pecans	**¼ c. butter or margarine, melted**
3 Tbsp. sugar	

Filling:

2 (8 oz.) pkgs. cream cheese, softened	**½ tsp. vanilla**
½ c. sugar	**2 eggs**

Topping:

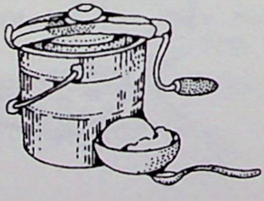
⅓ c. sugar	**4 c. thinly sliced peeled apples**
½ tsp. ground cinnamon	**¼ c. finely chopped pecans**

Mix crumbs, pecans, sugar, cinnamon and butter; press onto bottom of 9-inch springform pan. Bake at 325° for 10 minutes if using a silver springform pan. (Bake at 300° for 10 minutes if using a dark nonstick springform pan.)

Mix cream cheese, sugar and vanilla with electric mixer on medium speed until well blended. Add eggs, mixing on low speed just until blended. Pour over crust.

Mix sugar and cinnamon; toss with apples. Spoon apple mixture over cream cheese layer; sprinkle with pecans.

Bake at 325° for 1 hour and 10 minutes to 1 hour and 15 minutes or until center is almost set if using a silver springform pan. (Bake at 300° for 1 hour and 10 minutes to 1 hour and 15 minutes or until center is almost set if using a dark nonstick springform pan.) Run knife or metal spatula around rim of pan to loosen cake; cool before removing rim of pan. Refrigerate 4 hours or overnight.

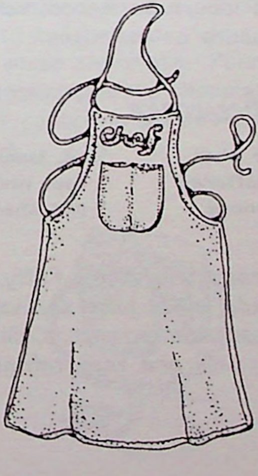


Caramel Apple Cheesecake

Mike Sanders

14 oz. caramel, (about 45)
1 ½ c. graham cracker crumbs
¼ c. margarine, melted
¾ c. sugar
1 can evaporated milk
2 pkgs. cream cheese, softened
2 eggs
1 ½ c. apple, chopped
1 Tbsp. flour
½ tsp. cinnamon
½ c. pecans, optional

Preheat oven to 350°. Combine graham cracker crumbs, ¼ c. sugar and melted butter. Press into bottom of springform pan and 1 inch up sides. Put milk and caramel in bowl, melt caramel mixture over low heat till melted. Reserve ¼ c. caramel and pour over the bottom of graham cracker crust. Sprinkle ¼ c. pecans over caramel. Beat cream cheese and sugar till smooth. Add eggs, one at a time, beating till smooth after each addition. Toss 1 c. apple with flour and cinnamon; fold into cream cheese mixture. Bake 40 minutes. Combine remaining apple and caramel. Spread over top of cheesecake and sprinkle with remaining pecans. Bake 15 minutes more. Loosen sides and cool before removing rim. Chill before serving.



Cafe Latte Cheesecake

Nolen Taton

Crust:

1 c. vanilla wafer cookie crumbs
3 Tbsp. sugar
3 Tbsp. butter or margarine, melted

Filling:

4 (8 oz.) pkgs. cream cheese, softened
1 c. sugar
1 Tbsp. vanilla
4 eggs
3 Tbsp. Maxwell House instant coffee
1 Tbsp. warm water
3 Tbsp. milk

Mix crumbs, sugar and butter in small bowl; press onto bottom of 9-inch springform pan. Bake at 325° for 10 minutes if using a silver springform pan. (Bake at 300° for 10 minutes if using a dark nonstick springform pan.) Mix cream cheese, sugar and vanilla with electric mixer on medium speed until well blended. Add eggs, mixing on low speed just until blended. Reserve 1 ½ c. of the batter. Stir instant coffee into warm water until dissolved. Add to remaining batter; mix well. Pour over crust. Stir milk into reserved batter; pour gently over coffee batter. Bake at 325° for 1 hour and 5 minutes or until center is almost set if using a silver springform pan. (Bake at 300° for 1 hour and 5 minutes or until center is almost set if using a dark nonstick springform pan.) Run knife or metal spatula around rim of pan to loosen cake; cool before removing rim of pan. Refrigerate 4 hours or overnight.

Cherry Cream Cheesecake

Mike Sanders

1 graham cracker crust shell
1 pkg. cream cheese, softened
1 can sweetened condensed milk
⅓ c. lemon juice
1 tsp. vanilla extract
1 can cherry pie filling

Beat cream cheese till light and fluffy. Beat in sweetened condensed milk and add lemon juice and vanilla. Stir until well mixed. Pour into graham cracker shell. Chill several hours. Pour cherry filling on top. Chill and keep refrigerated.

Heavenly Cheesecake

Nolen Taton

½ c. graham cracker crumbs
4 (8 oz.) pkgs. Neufchatel cheese
1 c. sugar
¼ tsp. almond extract or 1 tsp. vanilla
2 eggs
3 egg whites

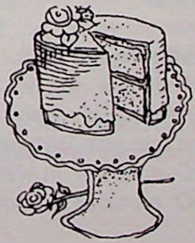
Heat oven to 325°. Grease bottom of 9-inch springform pan. Sprinkle with crumbs. Beat Neufchatel cheese, sugar and extract at medium speed with electric mixer until well blended. Add eggs and egg whites, 1 at a time, mixing at low speed after each addition, just until blended. Pour into pan. Bake 45 to 50 minutes or until center is almost set. Run knife or metal spatula around rim of pan to loosen cake; cool before removing rim of pan. Refrigerate 4 hours or overnight. Garnish with raspberries, strawberries or blueberries and mint leaves.

Philadelphia 3-Step White Chocolate Almond Cheesecake

Nolen Taton

2 (8 oz.) pkgs. cream cheese, softened
½ c. sugar
½ tsp. vanilla
2 eggs
1 ready-to-use graham cracker crumb crust (6 oz or 9-inch)
1 pkg. (6 squares) Bakers premium white baking chocolate, chopped, divided
½ c. chopped almonds

Mix cream cheese, sugar and vanilla with electric mixer on medium speed until well blended. Add eggs; mix until blended. Stir in ½ c. of the white chocolate. Pour into crust. Sprinkle with almonds and remaining white chocolate. Bake at 350° for 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight.



White Chocolate Cheesecake

Terri Koelsch

- 1 (8 oz.) pkg. cream cheese, softened
- 2 (4-serving size) white chocolate instant pudding
- 2 c. milk, divided
- 1 (8 oz.) container cool whip
- 1 baked pie shell or graham cracker crust

Beat cream cheese and ½ c. milk until smooth. Add remaining 1 ½ c. milk and pudding mixes. Beat until smooth. Stir in cool whip until well blended. Spoon into crust. Refrigerate for 2 hours or until set. Serve with strawberries, blueberries, etc.

Blueberry Buckle Coffee Cake

Denise Hearson

- 2 c. flour
- ¾ c. sugar
- 2 ½ tsp. baking powder
- ¾ tsp. salt
- ¼ c. shortening
- ¾ c. milk
- 1 egg
- 2 c. blueberries

Topping:

- ½ c. sugar
- ⅓ c. flour
- ½ tsp. cinnamon
- ¼ c. soft butter

Heat oven to 375°. Blend ingredients, except for the blueberries and beat vigorously for ½ minute. Add drained blueberries and spread batter into a 9 x 11 inch pan. For topping, mix together ingredients and sprinkle over batter. Bake for 45 - 50 minutes.

Cherry Lattice Coffee Cake

Denise Hearson

- 2 pkgs. yeast
- 1 c. warm water
- 6 Tbsp. sugar
- 1 tsp. salt
- 4 Tbsp. margarine
- 2 eggs
- 4 ½ c. flour
- cherry pie filling

Dissolve yeast in water. Mix in sugar, salt, margarine, eggs and 2 c. flour. Beat until smooth. Stir in enough more of the remaining flour to make dough soft. On floured board, knead 2 minutes. Set aside ¼ of the dough. Divide remainder in half and roll out to fit 2 8-inch square pans. Place in greased pans. Spread with pie filling and top with lattice top made from reserved dough. Allow to rise 30 minutes in warm place. Preheat oven to 375°. Bake 25 - 30 minutes. Cool. Frost if desired.

Easy Coffee Cake

Nolen Taton

1 box yellow cake mix with pudding
1/3 c. vegetable oil
4 eggs
8 oz. carton sour cream
½ c. milk
1 tsp. vanilla
1 c. brown sugar
1 ½ tsp. cinnamon

Beat first six ingredients well and pour into pan. Mix sugar and cinnamon and sprinkle over batter. Using a knife, swirl topping into the batter. Bake at 350° for 25 to 30 minutes. Can use a lemon cake mix if desired.

Sour Cream Coffee Cake

Mary Ann Heyen

½ c. shortening
1 c. sugar
2 eggs
2 c. flour
1 tsp. soda
1 tsp. baking powder
½ tsp. salt
1 tsp. vanilla
12 oz. sour cream

Topping:

1 tsp. cinnamon
1 c. nuts
1/3 c. white sugar
¼ c. brown sugar

Mix together topping ingredients and set aside. Cream shortening and sugar. Add eggs, 1 at a time, beating after each addition. Sift together flour, soda, baking powder and salt. Add alternately with vanilla and sour cream. Pour half in a greased 9 x 13 pan. Sprinkle with ½ of the topping and add rest of the batter and topping. Bake at 350° 30 to 35 minutes.

Chocolate Chip Cookies

Di Fisher

2/3 c. shortening
2/3 c. margarine, softened
1 c. sugar
1 c. brown sugar
2 eggs
2 tsp. vanilla
3 c. flour
1 tsp. soda
1 tsp. salt
1 c. chopped nuts, optional
12 oz. chocolate chips

Heat oven to 375°. Mix shortening, margarine, sugars, eggs and vanilla. Stir in remaining ingredients. Bake at 375° for 8 to 10 minutes.

Ultimate Chocolate Chip Cookies

Nolen Taton

- ½ c. crisco
- 1 stick real butter
- ¾ c. white sugar
- ¾ c. brown sugar
- 1 tsp. vanilla
- 2 eggs
- ½ tsp. salt
- 1 tsp. water
- 1 tsp. soda
- 1 c. oatmeal
- 2 ¼ c. flour
- 1 (3 oz.) pkg. instant vanilla pudding
- 8 to 12 oz. chocolate chips
- 1 ½ c. chopped nuts

Preheat oven to 375°. Beat crisco and butter until light. Gradually add white and brown sugar and beat until fluffy. Add one egg at at time; beat well. Add pudding mix and vanilla. Mix soda, salt and water together and add to mix. Add oatmeal, then flour, chocolate chips and nuts. Drop onto cookie sheet and bake 10 to 12 minutes. Do not overbake.

Chinese Noodle Cookies

Denise Hearson

- 1 (12 oz.) pkg. semi-sweet chocolate chips
- 1 (12 oz.) pkg. butterscotch chips
- 1 (12 oz.) jar dry roasted peanuts
- 1 (12 oz.) sack chinese noodles

Melt chips together in pan over low heat. Add peanuts and noodles to melted chips and stir to coat. Drop by serving spoon onto wax paper covered cookie sheet and chill. Makes 2 dozen.

5 Chip Cookies

Di Fisher

- 1 c. margarine
- 1 c. peanut butter
- 1 c. white sugar
- 1 c. brown sugar
- 2 eggs
- 1 tsp. vanilla
- 2 c. flour
- 1 c. old fashioned oatmeal
- 2 tsp. baking soda
- dash of salt
- ⅔ c. milk chocolate chips
- ⅔ c. semi-sweet chocolate chips
- ⅔ c. peanut butter chips
- ⅔ c. butterscotch chips
- ⅔ c. white chocolate chips

Preheat oven to 350°. Cream together margarine, peanut butter, white sugar, brown sugar, eggs and vanilla. Add flour, oatmeal, soda and salt. Stir in chips. Spray pan with pam and bake 8 to 10 minutes. Cool slightly before removing from pan.

Gary's Fudgy Bars

Jeni Jones

30 oreo cookies, crushed
¾ c. flour
1 c. semi-sweet chocolate chips
¼ c. butter, melted
1 (14 oz.) can sweetened condensed milk
1 tsp. vanilla
confectioners sugar

In medium bowl, combine cookies, flour, chocolate chips. Stir in butter, milk and vanilla. Spread into greased 9-inch square baking pan. If you double recipe, use a jelly roll pan. Bake at 375° for 25 to 30 minutes. Cool. Sprinkle with confectioners sugar and cut into bars.

Honey Pecan Triangles

Di Fisher

2 tsp. plus ½ c. butter, softened and divided
½ c. packed brown sugar
1 egg yolk
1 ½ c. all-purpose flour

Topping:

1 c. packed brown sugar
½ c. butter
¼ c. honey
½ c. whipping cream
4 c. chopped pecans

Line a 9 x 13 baking pan with foil; butter the foil with 2 tsp. butter. In a mixing bowl, cream remaining butter with brown sugar. Add egg yolk; mix well. Gradually add flour. Press into prepared pan. Bake at 350° for 15 minutes or until golden brown. Meanwhile, in a saucepan, combine the brown sugar, butter and honey. Bring to a boil over medium heat; cook and stir for 3 minutes. Remove from the heat; stir in cream and pecans. Pour over crust. Bake for 30 minutes or until hot and bubbly. Cool completely on a wire rack. Use foil to lift the bars out of the pan and place on a cutting board. Carefully remove foil. Cut into 24 bars; cut each in half diagonally.

Monster Cookies

Vicki Prescott

1 lb. oleo	8 tsp. baking soda
2 Tbsp. white syrup	16 c. quick oats
3 Tbsp. vanilla	1 lb. M&Ms
1 doz. eggs	1 pkg. chocolate chips
3 lbs. peanut butter	4 c. white sugar
2 lbs. brown sugar	nuts (optional)

Mix brown and white sugar, eggs, syrup, vanilla, baking soda, peanut butter. Mix well. Stir in oatmeal, chips and M&Ms. Bake 12 minutes at 350°. Make cookies large.

Monster Cookies

Di Fisher

6 eggs	½ lb. butter
1 lb. brown sugar	1 ½ lb. peanut butter (3 c.)
2 c. granulated sugar	9 c. quick oats
1 ½ tsp. vanilla	1 lb. M&Ms
1 ½ tsp. corn syrup	1 lb. chocolate chips
4 tsp. soda	

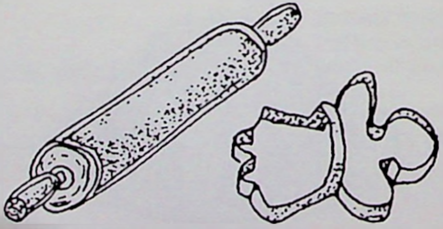
Combine in order listed, adding one ingredient at a time. Mix thoroughly. Using a tablespoon of dough to each cookie, place on greased cookie sheet. Bake at 350° for 10 to 12 minutes.

No Bake Cookies

Mike Sanders and Vicki Prescott

2 c. sugar	1 tsp. vanilla
½ c. milk	pinch of salt
¼ c. cocoa	½ c. crunchy peanut butter
1 stick oleo	3 c. quick oats

Mix together in pan the sugar, milk, cocoa and oleo. Boil this one minute, take off stove and add vanilla, salt, peanut butter and oats. Drop by spoonful on wax paper to harden and cool.



Oatmeal Cookies

Mike Sanders

- 2 whole eggs
- 1 c. sugar
- 1 c. shortening
- 1 tsp. vanilla
- 1 c. brown sugar
- 2 c. flour
- ½ tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 2 c. oats (or 1 c. oats & 1 c. cornflakes)

Cream together eggs, sugars, shortening and vanilla. Then add flour, baking powder, soda and salt. Mix well. Add oats. Drop by spoonfuls onto ungreased cookie sheets. Bake at 375° for 8 to 10 minutes.

Auntie H's Oatmeal Cookies

Jeni Jones

- 3 Tbsp. sour milk
- 1 c. melted shortening
- 2 c. flour
- 1 tsp. soda
- 3 c. oatmeal
- 1 c. sugar
- 2 eggs
- ½ tsp. salt
- 1 tsp. cinnamon

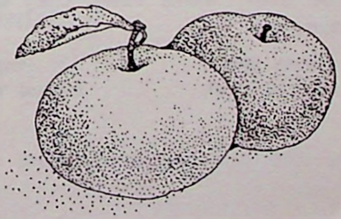
Combine sour milk, sugar, shortening and well beaten eggs. Sift flour, salt, soda and cinnamon together and add to milk mixture. Add oatmeal. Drop by tablespoonfuls on ungreased cookie sheet. Bake at 400° until brown.

Peanut Honey Slices

Paula Rixon

- ⅓ c. honey
- ½ c. peanut butter
- ¼ tsp. cinnamon
- 1 c. powdered milk
- ½ c. crushed cornflakes

Mix together first four ingredients. Stir in cornflakes. Roll in wax paper and chill. Cut into slices.



Pumpkin Cookies

Paula Rixon

- 4 c. unsifted all-purpose flour
- 2 c. quick or old fashioned oats, uncooked
- 2 tsp. baking soda
- 2 tsp. ground cinnamon
- 1 tsp. salt
- 1 ½ c. butter or margarine, softened
- 2 c. firmly packed brown sugar
- 1 c. granulated sugar
- 1 egg
- 1 tsp. vanilla
- 1 (16 oz.) can Libby's solid pack pumpkin
- 1 c. real semi-sweet chocolate morsels
- Assorted icings or peanut butter
- Assorted candies, raisins or nuts

Preheat oven to 350°. Combine flour, oats, soda, cinnamon and salt. Set aside. Cream butter; gradually add sugars, beating until light and fluffy. Add egg and vanilla; mix well. Alternate additions of dry ingredients and pumpkin, mixing well after each addition. Stir in morsels. For each cookie, drop ¼ cup dough onto lightly greased cookie sheet; spread into pumpkin shape using a thin metal spatula. Add a bit more dough to form stem. Bake at 350°, 20 to 25 minutes, until cookies are firm and lightly browned. Remove from cookie sheets; cool on racks. Decorate using icing or peanut butter to affix assorted candies, raisins or nuts.

Rice Krispie Cookies

Terri Koelsch

- 2 c. rice krispies
- 1 c. butter
- 1 c. brown sugar
- 1 c. white sugar
- 2 eggs
- 2 ½ c. flour
- 1 tsp. salt
- 1 tsp. soda
- 1 tsp. baking powder
- 2 c. oatmeal
- 1 c. coconut
- 1 pkg. chocolate chips or raisins
- 1 tsp. vanilla

Cream together butter and sugars. Add remaining ingredients, except the rice krispies and mix together. Add rice krispies. Last batter will be stiff. Make balls, they will flatten. Bake at 375° for 10 minutes.

Rice Krispie Treats

Denise Hearson

1 c. brown sugar
1 c. white corn syrup
12 oz. peanut butter
5 c. rice krispies
6 oz. butterscotch chips
6 oz. chocolate chips

Mix sugar and syrup in pan and bring to a boil. Remove. Stir in peanut butter, then rice krispies. Spread in 9 x 13 buttered pan. Let set up. Frost with melted chips.

Rolled Sugar Cookies

Alice TenEyck

1 c. sugar
1 c. shortening
3 eggs
1 ½ tsp. vanilla
3 ½ c. flour
2 tsp. baking powder
½ tsp. salt

Beat together sugar, shortening, eggs and vanilla (food coloring may be added at this time if desired). Add flour, baking powder and salt. Knead dough, then divide and refrigerate for at least 1 hour. Roll dough to cut with cookie cutters (sugar sprinkles may be used for decorations at this time if desired). Place on ungreased cookie sheet. Bake at 375° for 8 to 10 minutes. Do not over bake.

Wheat Germ Balls

Terri Koelsch

2 c. flour
1 ¾ c. toasted wheat germ
1 c. shortening
¾ c. sugar
1 egg
1 tsp. grated orange rind
1 tsp. vanilla
½ tsp. salt

Combine all ingredients in mixing bowl, reserving ¾ c. of the wheat germ. Beat at low speed until well mixed. Chill dough. Roll into 1-inch balls. Roll in reserved wheat germ. Place on cookie sheet and bake at 350° for 12 - 15 minutes.

Decoration Frosting

Denise Hearson

1 lb. powdered sugar
½ c. shortening or butter
3 Tbsp. milk
1 tsp. vanilla
dash of salt

Melt butter and add sugar and milk alternating. Beat in rest.

Blender Applesauce

Dale Paulsen

2 lg. apples
¼ c. water
1 Tbsp. lemon juice
1 to 3 Tbsp. sugar
1 Tbsp. red hots

Wash apples; core and cut into 1-inch chunks; don't pare. Into blender put water, sugar, red hots, lemon juice, and half the apples. Puree. While blender is on high speed, add remaining apples. Serve immediately. This is good with pancakes or waffles or just as an added dish for another meal.

1 Gallon Ice Cream

Terri Koelsch

4 eggs, beaten well
2 c. sugar (scant)
1 tsp. vanilla
1 (9 oz.) carton cool whip
2 (3 oz.) pkg. butter brickle instant pudding
milk to fill canister

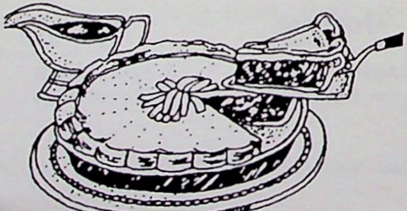
Combine first 5 ingredients. Mix well. Pour into canister and add milk to fill line. Freeze. May use any flavor of instant pudding.

Country Vanilla Ice Cream

Jeni Jones

4 eggs
approx. 5 cups milk
2 Tbsp. vanilla
2 ½ c. sugar
4 c. whipping cream
¼ tsp. salt

In large mixing bowl, beat eggs until foamy. Slowly add sugar and beat until thickened. Add cream, vanilla and salt and mix well. Pour into can. Add milk to fill line on can and stir well. Churn in freezer per instructions. Can add fruit or chocolate, etc; add before milk.



Vanilla Ice Cream

Denise Hearson

6 eggs
3 c. sugar
4 ½ c. milk
1 qt. cream
2 Tbsp. vanilla
dash of salt
milk to fill container

Beat eggs very well. Add sugar and salt and mix well. Scald milk and pour a little into egg mixture while stirring - just enough to heat eggs. Then add the rest and cook until it coats the spoon - almost to a boil. Cool. (Can be made the night before.) Fill container with cream. Add vanilla and egg mixture. Fill with more milk to 2 ½ inches below top. Freeze.

Homemade Vanilla Ice Cream

Mike Sanders

4 whole eggs
40 Tbsp. sugar (2 ½ cups)
7 c. milk
1 c. half and half
2 c. whipping cream
3 Tbsp. vanilla
dash of salt
fresh fruit, optional

Beat eggs till light and add sugar gradually. Beat till thick. Add remaining ingredients and mix well. Freeze in a 4 to 5 quart ice cream freezer.

Apple Dumplings

Denise Hearson

1 ½ c. water
1 ½ c. sugar
¼ tsp. cinnamon
¼ tsp. nutmeg
3 Tbsp. butter
2 c. sifted flour
2 tsp. baking powder
1 tsp. salt
⅔ c. shortening
½ c. milk
6 - 10 drops red food color
½ c. sliced apples for each dumpling

Combine sugar, water, spices and food color. Boil. Remove from heat and add butter. Sift together dry ingredients. Cut in shortening. Add milk all at once and stir just till flour is moistened. Roll out dough to about ¼ inch thick rectangle. Cut into 6 inch squares. Put apples in squares. Sprinkle each apple generously with sugar, cinnamon, nutmeg. Dot with butter. Moisten edges of squares and fold corners to centers and pinch edges together. Place 1 inch apart in ungreased pan 11 ½ x 7 ½ x 1 ½. Pour syrup over dumplings. Sprinkle with sugar. Bake at 375° for 35 minutes or until done.

Apricot Jello

Denise Hearson

- 8 oz. can crushed pineapple
- 3 oz. pkg. apricot jello
- ¾ c. sugar
- 1 jar apricot baby food
- 8 oz. pkg. softened cream cheese
- 10 oz. carton whipped topping

Heat pineapple, jello and sugar. Add baby food and cream cheese. When cool, add the cool whip.

Banana Cream Supreme

Judy Roberts Anderson

- 24 crushed graham crackers (2 c.)
- ½ c. melted butter
- ¼ c. sugar
- 1 (12 oz.) carton whipped topping
- 1 pkg. instant vanilla pudding
- 1 c. sour cream
- 3 medium bananas
- ⅓ c. pecans (or crushed graham crackers)

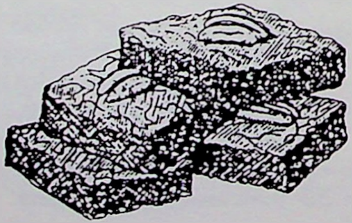
Press crumbs, butter and sugar in 9 x 9 pan. Combine whipped topping, sour cream, pudding and spread half over crumb crust. Layer bananas and other half of pudding mix. Top off with nuts or crumbs. Refrigerate at least 30 minutes.

Bananas Foster

Mike Sanders

- 4 firm bananas
- lemon juice
- ⅔ c. packed brown sugar
- 6 Tbsp. oleo
- 3 Tbsp. banana liqueur
- 3 Tbsp. light rum

Peel bananas and cut in half length-wise and cross-wise, then brush with lemon juice. Melt sugar and butter in shallow chafing dish or skillet; add bananas. Cook 3 to 4 minutes turning once; sprinkle lightly with cinnamon and drizzle liqueur over all. In a small pan, heat rum over low heat just until warm; ignite; pour flaming rum over bananas. Serve over vanilla ice cream.



Berry Cobbler

Mike Sanders

¾ c. flour
½ tsp. baking powder
dash of salt
3 Tbsp. margarine or butter, softened
¼ c. sugar
⅓ c. milk
1 c. fresh raspberries, blueberries or blackberries
⅓ c. orange juice or water
3 Tbsp. sugar
¼ tsp. ground cinnamon

Stir together flour, baking powder, and, if desired, salt; set aside. In a small mixing bowl, beat margarine with an electric mixer for 30 seconds. Add the ¼ cup sugar; beat until combined. Add dry ingredients alternately with milk, beating after each addition. Spread dough evenly in the 1 ¾ quart casserole. Stir together berries, juice, the remaining 3 Tbsp. sugar and the cinnamon. Pour over dough. Cook, uncovered in microwave, on 100% power (high) for 7 to 9 minutes or until berry mixture is bubbly and cake springs back when lightly touched.

Blonde Brownies

Di Fisher

½ c. margarine
2 c. brown sugar
2 eggs
1 tsp. vanilla
1 ½ c. flour
2 tsp. baking powder
¼ tsp. salt
½ c. chopped nuts

Melt margarine in a saucepan. Add brown sugar and stir well. Remove from heat. Add eggs one at a time. Do not beat eggs before adding, but stir well after each egg. Sift dry ingredients and add to batter. Stir in nuts. Bake in 9 x 13 greased pan at 350° for 30 minutes. You can add 1 c. chocolate chips or ½ c. coconut to batter before baking if desired. Serve with vanilla ice cream.

Quick and Easy Brownies

Dale Paulsen

2 c. sugar
1 c. oil
4 eggs
½ tsp. salt
⅓ c. cocoa
2 c. flour
1 tsp. baking powder
1 tsp. vanilla
½ c. chopped nuts

Mix sugar, oil, eggs and salt together well. Sift dry ingredients and add. Stir in vanilla and nuts. Bake in 11 x 15 pan at 350° for 25 minutes.

Chocolate Velvet Dessert

Terri Koelsch

- 1 stick oleo
- 1 c. chopped pecans
- 1 c. flour
- 1 (8 oz.) pkg. cream cheese
- 1 c. cool whip
- 1 c. powdered sugar
- 1 pkg. vanilla instant pudding
- 1 pkg. chocolate instant pudding
- 3 c. milk
- 1 c. cool whip

Mix together oleo, pecans and flour. Press into 9 x 13 inch cake pan. Bake 15-20 minutes at 350°. Cool completely. Mix together cream cheese, 1 c. cool whip and powdered sugar. Spread over crust. Mix vanilla and chocolate puddings together with milk until thick and spread over cheese mixture. Spread 1 c. cool whip on top. Can garnish with grated chocolate, if desired. Refrigerate 2 hours before serving.

Cinnamon Apples

Craig Fisher

- 8 apples
- ⅓ c. sugar
- 5 oz. red cinnamon candy
- drop of red food coloring

Cut apples in fourths (or smaller) and put in a kettle. I leave the skins on, but peel them if you prefer. Add the candy, sugar and a small amount of water. Cook real slow, stir occasionally. Apples are done when a fork can probe easily. Add color. Cool.

Creamy Dutch Apple Dessert

Nolen Taton

¼ c. butter or margarine	¼ c. lemon juice
1 ½ c. graham cracker crumbs	1 can apple pie filling
1 (14 oz.) can Eagle Brand milk (not evaporated)	¼ c. chopped nuts
1 c. sour cream	½ tsp. cinnamon

Preheat oven to 350°. In a 1 ½ quart shallow baking dish (10 x 6 inch), melt butter in oven. Sprinkle in crumbs; stir well. Press on bottom of dish. In medium bowl, mix together milk, sour cream, and lemon juice; spread evenly over crumbs. Spoon pie filling evenly over creamy layer. Bake 25 to 30 minutes or until set. In small dish, mix together nuts and cinnamon; sprinkle over the pie filling. May be served warm or cold. refrigerate leftovers.

Variations: Omit cinnamon and substitute blueberry, cherry or peach pie filling for the apple filling.

Creamy Mocha Frozen Dessert

Vicky Mansel

2 tsp. instant coffee granules	16 oz. cream cheese, softened
1 Tbsp. hot water	14 oz. sweetened condensed milk
1 c. chocolate sandwich cookies, crushed	½ c. chocolate syrup
¼ c. butter or margarine, melted	8 oz. whipped topping, thawed

In a small bowl, dissolve coffee granules in hot water; set aside. In another bowl, combine cookie crumbs and butter. Pat into the bottom of a 9 x 13-inch baking pan. In a mixing bowl, beat cream cheese until light and fluffy. Blend in coffee mixture, milk and chocolate syrup. Fold in whipped topping and spread over crust. Freeze.

Dan's Fruit Cobbler

Nolen Taton

1 stick softened butter	¾ c. milk
1 c. sugar	3 tsp. baking powder
1 c. flour	1 can fruit pie filling of choice

Mix the first 5 ingredients into a batter. Place fruit in bottom of pan. Pour batter over fruit. Bake 40 - 45 minutes @ 375° in 9 x 9 or other baking dish.

Fresh Peach Crisp

Nolen Taton

- 2 ½ lb. fresh ripe peaches (8)
- 1 c. sifted flour
- 1 c. sugar (use ¼ c. brown sugar)
- ¼ tsp. salt
- ½ tsp. cinnamon
- ½ c. soft butter or oleo
- ¼ - ½ c. oatmeal
- light cream or whipped cream

Preheat oven to 375°. Lightly grease 8 x 8 x 2 inch baking dish. Wash peaches; peel. Cut in halves; remove pits. Slice peaches into prepared baking dish. Sift flour with sugars, salt and cinnamon into medium bowl. With pastry blender or 2 knives, cut butter into flour mixture until mixture resembles coarse corn meal. Sprinkle evenly over peaches. Bake 45 to 50 minutes or until topping is golden and peaches are tender. Serve warm with whipped cream or cream.

Lazy Man Peach Cobbler

Nolen Taton

- 1 c. sugar
- 1 c. flour
- 1 tsp. baking powder
- pinch of salt
- 2 Tbsp. oleo
- 1 egg
- Fresh peaches

Work first 5 ingredients up to crumbles. Take egg and fold in lightly. Line fruit in bottom of 8 x 8 inch pan and spread the above mixture over, then bake at 350° for 35 minutes. If canned fruit is used, add 3 Tbsp. tapioca to thicken juice used.

Miracle Fruit Cobbler

Nolen Taton & Vicki Prescott

- ½ c. butter or margarine
- 1 c. granulated sugar
- 1 c. all-purpose flour
- 1 tsp. baking powder
- ½ c. milk
- 1 tsp. vanilla
- 1 lg. can fruit, or 2 c. fresh fruit with sugar added, to taste

Preheat oven to 375°. Melt butter in 9 inch square pan, allowing it to cover bottom of dish and side too. Combine sugar, flour and baking powder, then add milk and vanilla. Mix well and pour into dish. Spread well-drained fruit over batter. Bake at 375° for 45 minutes. Batter will rise through fruit to form a brown crust. Can be made with such fresh fruits as berries, pears, or peaches as well as from canned apricots, peaches, or apples.

Frozen Snicker Bars

Terri Koelsch

12 oz. Weight Watchers vanilla ice cream
1 c. cool whip
½ c. crunchy peanut butter
1 small box sugar free chocolate instant pudding

Soften ice cream; mix all ingredients, freeze in 8 x 8 pan; cut into 8 squares.

Fruit Pizza

Craig Fisher

1 pkg. refrigerated sugar cookie dough

Filling:

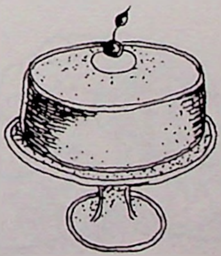
8 oz. cream cheese
½ c. sugar
1 tsp. vanilla
sliced, fresh, or canned fruit - strawberries, kiwi, banana, peaches, pears, mandarin oranges, pineapple, or blueberries

Topping:

½ c. sugar
½ c. orange juice
6 Tbsp. water
1 ½ Tbsp. cornstarch
2 Tbsp. lemon juice

Pat dough to fit pizza pan. Bake. Cool.

Combine sugar, cream cheese and vanilla. Mix until smooth. Spread on crust. Decorate with sliced fruit. Combine sugar, cornstarch, orange juice, lemon juice and water in a saucepan. Stir constantly while bringing to a boil. Cook 1 minute. Let cool, then spread over pizza. Refrigerate.



Fruit Pizza

Mike Sanders

Crust:

½ c. powdered sugar	1 ½ c. flour
¾ c. soft margarine	

Filling:

1 pkg. cream cheese	Fruit - strawberries, kiwi, peaches, bananas, blueberries, pineapple, oranges
1 tsp. vanilla	
1 c. powdered sugar	

Topping:

2 ½ Tbsp. cornstarch	¾ c. sugar
1 c. fruit juice (pineapple is best)	1 tsp. lemon juice

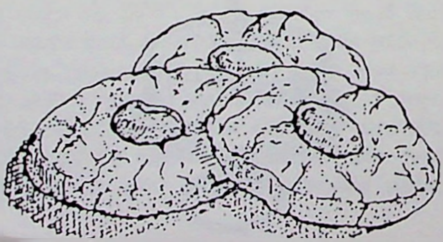
Mix crust ingredients together, put in pan. Bake at 300° for 10 - 15 minutes, no longer. Cool. Spread filling mixture on crust. Arrange any amount of fruit on top of cream cheese. Heat topping ingredients to a boil, cook until slightly thickened. Cool and pour over pizza.

Heath Bar Dessert

Di Fisher

1 box brownie mix	6 Heath candy bars
1 lg. box vanilla pudding	1 carton cool whip

Bake brownie mix according to package directions. Break up and put into 9 x 13 inch pan. Mix vanilla pudding according to directions. Let set a couple of minutes. Pour over brownies. Crush candy bars. Pour ¾ of crushed candy bars over pudding. Add cool whip. Top with remaining candy bars.



Lime Jello Dessert

Lisa Cornwell

3 pkgs. lime jello	3 pts. vanilla ice cream
3 c. boiling water	6 c. miniature marshmallows

Crust:

2 c. toasted coconut	6 Tbsp. softened margarine
2 c. vanilla wafer crumbs (about 50 cookies)	4 Tbsp. sugar

Dissolve jello in boiling water and add ice cream, stir till melted. Chill till all firm. Fold in the marshmallows. Pour into crust and chill till firm. For crust, bake coconut at 350° for 5 - 10 minutes. Mix with remaining ingredients and bake 6 - 8 minutes in bottom of 9 x 15 pan at 375°.

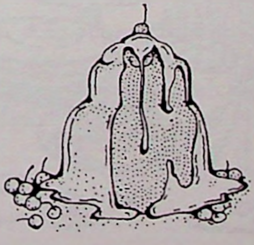
For smaller salad, make ⅓ of the salad and ½ of the crust and bake in a pie pan.

Maxwell House Caramel Nut Tart

Nolen Taton

½ c. whipping (heavy) cream	¼ tsp. ground cinnamon
2 Tbsp. Maxwell House instant coffee granules, any variety	1 prepared graham cracker crust (6 oz. or 9 inch)
1 pkg. (14 oz.) caramels, unwrapped	Melted Bakers semi-sweet baking chocolate
4 c. toasted pecans or almonds	

Stir cream and instant coffee in large microwaveable bowl until well blended. Add caramels. Microwave on HIGH 2 to 3 minutes, stirring every minute. Stir until caramels are completely melted. Stir in pecans and cinnamon. Spoon mixture into crust. Spread top evenly with knife. Refrigerate for about 1 hour or until firm. Cut into slices to serve. Drizzle tart and/or plate with melted chocolate.



Mom's Layered Raspberry Dessert

Brenda Reno

Layer 1:

1 c. butter, melted	2 Tbsp. sugar
1 ½ c. flour	

Layer 2:

6 oz. cream cheese, softened	2 c. confectioners sugar
½ c. butter, melted	

Layer 3:

1 c. chopped pecans or walnuts

Layer 4:

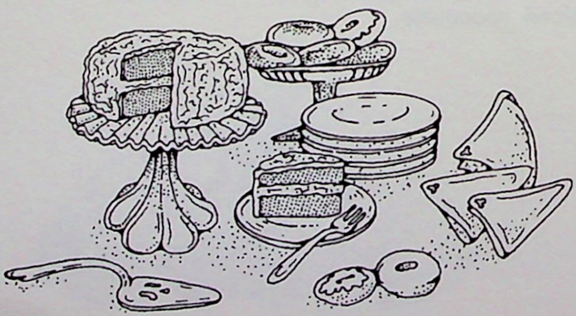
1 (3 oz.) pkg. raspberry gelatin	2 (10 oz.) pkgs. frozen raspberries in heavy syrup, thawed
1 c. boiling water	whipped cream

Layer 1: Mix ingredients together. Spread in a greased 9 x 13 inch pan. Bake at 350° for 30 minutes. Cool completely.

Layer 2: Mix cream cheese and butter. Add the sugar and mix well. Spread over the first layer.

Layer 3: Sprinkle nuts over the second layer.

Layer 4: Mix gelatin and water. Add the raspberries. Refrigerate until gelatin has started to thicken. Spoon over the third layer. Chill. Cut into squares. Serve topped with whipped cream. This can be made with strawberries and strawberry gelatin.



Oreo Cookie Dessert

Di Fisher

1 lg. pkg. Oreo cookies

Group 1:

8 oz. cream cheese
1 stick oleo
1 c. powdered sugar
1 (8 oz.) tub whipped topping

Group 2:

3 c. milk
1 lg. box instant vanilla pudding
1 tsp. vanilla

Crush Oreo cookies. Mix group 1 together. Mix group 2. Add 1 and 2 together. Put ½ cookies into bottom of 9 x 13 inch pan. Pour mixture over cookies. Top with remaining cookies. Freeze. Thaw partially before serving.

Oreo Dessert

Terri Koelsch

1 lb. Oreo cookies
½ gal. vanilla ice cream
1 (8 oz.) tub cool whip
1 jar chocolate topping

Crumble ⅓ pkg. Oreos in bottom of 9 x 13 inch dish. Slice ice cream and put 1 layer on top of oreos. Heat chocolate topping just enough so that it pours easily. Pour entire jar over layer of ice cream. Spread cool whip over chocolate topping. Crumble oreos and sprinkle over top. Put in freezer until frozen solid.

Bread Pudding

Dale Paulsen

2 eggs
¾ c. sugar
2 c. milk
¼ c. butter
1 tsp. cinnamon
¼ tsp. salt
1 tsp. vanilla
3 c. bread
½ c. golden raisins

Slightly beat eggs. Add sugar. Add scalded milk with melted butter. Add cinnamon, salt and vanilla. Place cubed bread (6 slices) and raisins in casserole. Cover with liquid mixture. Bake at 350° for 45 minutes.

Peach Bread Pudding

Nolen Taton

4 c. French bread, cubed
3 large eggs, beaten
2 c. fat-free milk
½ c. granulated sugar
½ tsp. almond extract
21 oz. can peach pie filling
½ tsp. cinnamon
2 Tbsp. brown sugar
2 Tbsp. sliced almonds
1 ½ tsp. butter, sliced into pieces

Preheat oven to 350°. Coat an 11 x 7 inch baking pan with cooking spray. Spread bread cubes in pan. Whisk together eggs, milk, sugar and almond extract. Stir in pie filling, reserving ½ c. for use as a topping if desired. Pour mixture over bread cubes; press into bread with back of spoon. Combine cinnamon and brown sugar and sprinkle on top of bread mixture. Add sliced almonds and dot with butter. Bake 50 to 55 minutes until knife inserted in center comes out clean. Serve warm with peach pie filling on top if desired. Cover and refrigerate any leftovers for up to 3 days.

Peanut Butter-Banana Brownie Pizza

Nolen Taton

1 (21 ½ oz.) pkg. brownie mix
1 (8 oz.) pkg. cream cheese, softened
¼ c. sugar
¼ c. creamy peanut butter
3 large bananas, peeled, sliced
¼ c. coarsely chopped peanuts
2 squares Bakers semi-sweet chocolate
2 tsp. butter or margarine

Prepare brownie mix as directed on package. Spread batter evenly in greased 12 inch pizza pan. Bake 20 minutes. Cool completely on wire rack. Mix cream cheese, sugar and peanut butter with electric mixer on medium speed until well blended. Spread over brownie. Arrange banana slices over cream cheese mixture; sprinkle with peanuts. Cook chocolate and butter in heavy saucepan on very low heat, stirring constantly until just melted. Drizzle over bananas and peanuts.

Pumpkin Roll

Di Fisher

3 eggs
1 c. sugar
2/3 c. pumpkin
1 tsp. lemon juice
3/4 c. flour
1 tsp. baking powder
2 tsp. cinnamon
1 tsp. ginger
1/2 tsp. nutmeg
1/2 tsp. salt
1 c. nuts, chopped
powdered sugar

Filling:

1 c. powdered sugar
4 Tbsp. butter
8 oz. cream cheese
1/2 tsp. vanilla

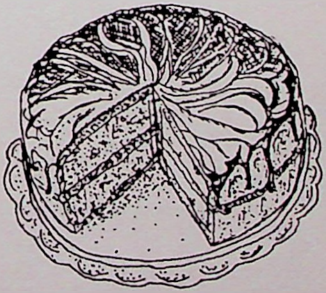
Beat eggs on high for 5 minutes. Gradually add sugar, stir in pumpkin and lemon juice. Sift flour, baking powder, cinnamon, ginger, nutmeg and salt into egg mixture and stir. Pour into greased and floured jelly roll pan. Pour on nuts. Bake at 350° for 15 minutes. Dump onto tea towel sprinkled with powdered sugar. Roll up and cool. Unroll and fill. Reroll and refrigerate.

Strawberry Dessert

Di Fisher

1 pkg. pecan sandies
3/4 c. sugar
2 Tbsp. lemon juice
3 egg whites
1 (8 oz.) cool whip
1 (10 oz.) strawberries

Crush cookies. Pat 2/3 into a 9 x 13 pan. Reserve balance for topping. Beat sugar, lemon juice, egg whites and strawberries for 8 minutes. Fold in cool whip. Spread over crumbs in pan. Top with reserved crumbs. Freeze.



Strawberry Dessert

Dale Paulsen

- 1 c. flour
- ½ c. butter
- ¼ c. brown sugar
- ½ c. chopped nuts
- 1 c. sugar
- 2 egg whites
- 2 tsp. lemon juice
- 1 (10 oz.) pkg. frozen strawberries
- 1 lg. carton whipped topping

Mix the flour, butter, brown sugar and nuts. Spread on a cookie sheet and toast in a 375° oven for 10 to 15 minutes. Stir once or twice so that it does not scorch. Spread half the mixture into a 9 x 13 inch pan. Blend the sugar, egg whites, lemon juice, thawed strawberries and beat for 20 minutes. Add the whipped topping. Put the mixture on crumbs and cover with remaining crumbs. Freeze.

Beverages, Microwave & Misc.

Tried & True Recipes	Page Number

Weights, Measures and Equivalents

EQUIVALENTS

Dash	less than 1/8 teaspoon
A few grains	less than 1/8 teaspoon
1 coffee spoon	1/4 teaspoon
3 teaspoons	1 tablespoon
2 tablespoons	1 liquid ounce
4 tablespoons	1/4 cup
5 tablespoons	1/3 cup
1 1/2 ounce	1 jigger
1/2 jigger	1 pony
16 tablespoons	1 cup
1 cup	1/2 pint
2 cups	1 pint
2 pints	1 quart
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
1 pound	454 grams
2 pounds, 2 ounces	1 Kilogram (1000 grams)
1 cup baking powder	5 1/2 ounces
1 pound flour	
all purpose	4 cups
cake	4 1/2 cups
graham	3 1/2 cups
1 pound butter	2 cups
1/2 pound butter	2 sticks
1 stick butter	1/2 cup or 8 Tbsp.
1/4 pound grated cheese	1 cup
1 pound cheese	2 2/3 cups
1 lb. brown sugar (1 box)	2 1/2 cups
1 lb. confectioners (1 box)	2 1/2 cups
1 pound granulated sugar	2 cups
1 pound cube sugar	96-160 cubes
1 pound seeded raisins	2 1/2 cups
1 pound seedless raisins	3 cups
1 pound coffee	5 cups yield 40-50 cups of coffee
1 pound rice	2 cups yield 3-4 cups cooked rice
1 pound cocoa	4 cups
1 square chocolate	1 ounce or 3 tablespoons grated chocolate
1/2 pound marshmallows	16 marshmallows
1 pound crab meat	2 cups
1 pound pitted dates	2 cups
1 pound figs (chopped)	3 cups

EQUIVALENTS

1 pound nut meats (chopped)	4 cups
1 cup noodles	1 1/2 cups when cooked
1 egg	1/4 cup
5 eggs	1 cup
9 eggs	1 pound
7-9 egg whites	1 cup
12-14 egg yolks	1 cup
1 lemon, ave. size	3 tablespoons juice
5-8 medium lemons	1 cup
1 lemon rind	1 tablespoon, grated
1 orange	2-3 tablespoons juice
3-4 medium oranges	1 cup juice
1 orange rind	2 tablespoons, grated
4 medium tomatoes	1 pound
3 large bananas (skin on)	1 pound
2 quarts apples	3 pounds
4 medium potatoes	1 pound
1 lb. peas, in pod	1 cup when shelled
23 soda crackers	1 cup crumbs
15 graham crackers	1 cup crumbs
1 pound cornmeal	3 cups
1 pound cornstarch	3 cups

A MINERAL PRIMER

Mineral	Use	Best Sources
Iron	For healthy red blood cells.	Dried Fruits liver, lean peas or beans, green vegetables, molasses, eggs.
Calcium	For strong bones and teeth.	Cheese, milk, leafy greens.
Phosphorus	For development of healthy bones and teeth.	Cereals cheese, eggs, milk, meat, fish, dried peas or beans.

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Beverages, Microwave & Miscellaneous

Banana Crush

Denise Hearson

- 4 c. sugar
- 6 c. water
- 2 cans orange juice concentrate
- 1 (12 oz.) lemonade concentrate
- 48 oz. pineapple juice
- 5 bananas, mashed
- 3 qts. ginger ale

Boil water and sugar. Set aside and let cool. Add orange juice, lemonade, pineapple juice, and bananas. Freeze. Take out 2 hours before serving. Add ginger ale.

Cherry Cherry Punch

Mike Sanders

- 3 pkgs. cherry gelatin powder
- 2 ½ c. sugar
- 6 c. boiling water
- 1 (46 oz.) can pineapple juice
- 1 (12 oz.) can frozen lemonade concentrate
- 1 (12 oz.) can frozen orange juice concentrate
- 1 gal. water
- 2 (2 liter) bottles ginger ale

Dissolve gelatin and sugar in boiling water. Add pineapple juice, concentrates and cold water. Mix well. Freeze. Just before serving, add ginger ale and mix well.

Golden Wedding Punch

Nolen Taton

- 2 (46 oz.) apricot nectar
- 2 (46 oz.) orange juice
- 4 (46 oz.) pineapple juice
- 3 qt. ginger ale

Mix all together except ginger ale; add it just before serving. Serves 75 to 100.

Cooking Hints

Hot Almond Tea

Nolen Taton

4 c. water
1 ½ c. sugar
⅔ c. lemon juice
2 tea bags
3 c. water (hot)
1 ½ tsp. vanilla
1 ½ tsp. almond flavoring
4 c. water

Mix together the 4 c. water, sugar and lemon juice. Boil for 5 minutes. Meanwhile, steep the tea bags in 3 c. hot water for 10 minutes. Stir together and add the vanilla and almond flavoring. Add the last 4 c. water. Heat and serve.

Hot Cranberry Tea

Brenda Reno

1 qt. cranberries
2 qt. water
3 ½ c. sugar
½ c. red hots
10 whole cloves
3 oranges
3 lemons

Cook cranberries in 1 qt. of water in a covered kettle until the cranberries split. Drain off the juice through a sieve and set aside. Heat the other quart of water, sugar, red hots and cloves in a large kettle until red hots and sugar are dissolved. Add cranberry juice and the juice of oranges and lemons. This is the base. When ready to serve, use 1 part base and 1 part water. Yields 3 qts. of base.

Hot Cranberry Punch

Vicki Prescott

4 c. unsweetened pineapple juice
4 c. cranberry juice
½ c. packed brown sugar
1 c. water
1 tsp. whole cloves
1 cinnamon stick

Tie cloves and cinnamon stick in cheesecloth. Combine all ingredients in crockpot. Cover and cook on low setting for 4 to 10 hours. Serve hot.

Hot Spiced Cranberry Punch

Nolen Taton

- 2 tsp. nutmeg
- 2 tsp. allspice
- 2 tsp. cinnamon
- 1 ½ c. tea leaves (loose)
- 6 c. sugar
- 2 c. frozen lemon juice concentrate, mix according to directions
- 4 c. frozen orange juice concentrate, mix according to directions
- 12 c. hot water
- 1 gal. cranberry juice

Tie nutmeg, allspice, cinnamon and tea leaves in a bag and steep 20 minutes in 20 c. hot water. Remove bag and add remaining ingredients. Serve hot.

Hot Spicy Lemonade Punch

Nolen Taton

- 4 c. cranberry juice
- ⅔ c. sugar
- 1 (12 oz.) can lemonade concentrate (thawed)
- 4 c. water
- 2 Tbsp. honey
- 6 whole cloves
- 2 cinnamon sticks (broken)
- 1 lemon (unpeeled and sliced)

In a crockpot, combine cranberry juice, sugar, lemonade, water and honey. Tie cloves and cinnamon in small cheesecloth square. Add spice bag and lemon slices to juices. Cover and cook on low for 3-4 hours. Remove spice bag. Keep hot in crockpot. Makes 9 - 10 cups.

Orange Julius

Vicki Prescott

- 14 large ice cubes
- 1 (6 oz.) can frozen orange juice
- 1 c. milk
- 1 c. water
- ½ c. sugar
- 1 tsp. vanilla

Blend all ingredients in a blender at high speed.

Pineapple Slush

Jeni Jones

1 can crushed pineapple
6 oz. frozen orange juice concentrate
6 oz. frozen lemonade juice concentrate
4 - 6 crushed bananas
1 c. sugar
12 oz. ginger ale

Mix together and freeze.

Egg Nog

Denise Hearson

1 egg, well beaten
2 Tbsp. sugar
1 c. chilled milk
¼ tsp. vanilla
dash nutmeg

Beat first four ingredients together. Sprinkle with nutmeg.

Witch's Brew

Denise Hearson

1 (14 oz.) can Eagle brand sweetened condensed milk
1 (46 oz.) can pineapple juice, chilled
1 (2 liter) bottle orange soda, chilled
orange sherbet (optional)

In punch bowl, stir together sweetened condensed milk and pineapple juice. Add orange soda. Top with sherbet and serve over ice if desired.

Candy Cane Cocoa

Brenda Reno

2 Tbsp. (heaping) baking cocoa
2 to 3 Tbsp. sugar
6 c. low-fat or whole milk
½ tsp. vanilla extract
candy canes

Combine the baking cocoa, sugar and ½ c. milk in a bowl and mix well. Warm the remaining milk in a medium saucepan, stirring frequently; do not boil. Add the cocoa mixture, stirring until the cocoa and sugar are dissolved. Pour into mugs. Use the candy canes to stir in your choice of Hershey's Kisses and Hugs, after-dinner mints, caramels, peanut butter cups, marshmallows, butterscotch candies or other favorite candies.

Cocoa Mix

Denise Hearson and Vicki Prescott

8 qt. box powdered milk
10 oz. jar powdered creamer (flavored - amaretto, irish cream, french vanilla)
2 c. sugar
2 lb. box instant chocolate mix

Mix all ingredients together and store in an airtight container. Use ¼ c. mix per 1 c. hot water.

Sleighride

Brenda Reno

8 c. hot coffee
½ c. sugar
4 Tbsp. chocolate syrup
1 c. heavy cream
1 ½ tsp. vanilla
candy canes

Whip cream with vanilla. Mix coffee with sugar and chocolate. Pour into stemmed glasses or Irish coffee mugs. Place a generous dollop of whipped cream in each mug. Garnish with a candy cane and/or a sprinkle of crushed candy.

Purple Cow

Craig Fisher

2 c. vanilla ice cream
3 Tbsp. frozen grape juice concentrate
1 c. milk

Combine ingredients in blender. Blend until smooth. Drink immediately.

Hard Rock Candy

Jeni Jones

1 c. water
2 c. sugar
¼ c. white corn syrup
1 Tbsp. butter
food coloring
flavoring

Boil water, remove and add sugar. Stir until dissolved. Add syrup and butter. Return to heat. When boiling, cover 3 minutes to allow steam to wash sugar crystals down. Uncover and cook on high without stirring to 310°. Add color and flavoring. Pour onto a cookie sheet sprayed with Pam. Let cool. Crack candy and store in an airtight storage bag or glass jar.

Chocolate Covered Cherries

Mike Sanders

⅓ c. white corn syrup
½ c. butter
1 tsp. vanilla
4 c. powdered sugar
2 bottles cherries
1 (12 oz.) bag chocolate chips
½ c. paraffin wax

Mix syrup, butter, vanilla and sugar; refrigerate 1 hour. Melt chips and wax together in top of double boiler. Roll refrigerated mixture into small balls and (using a toothpick) dip into chocolate-wax mixture. Place on waxed paper to set.

Christmas Fudge

Carol Ward

4 ½ c. sugar
½ stick margarine
1 tall can pet milk
16 large marshmallows
1 (12 oz.) semi-sweet chocolate chips
2 (8 oz.) hershey bars
2 c. nuts
1 ½ Tbsp. vanilla

Quarter marshmallows, break chocolate into pieces; set aside. Combine sugar, milk, margarine and chips; bring to a boil. Keep at a rolling boil for 5 minutes stirring continually. Remove from heat and add rest of ingredients. When well mixed, pour quickly into a buttered 9 x 13 inch pyrex pan. Let set at least two hours before cutting.

Mints

Denise Hearson

2 oz. cream cheese
1 ⅔ c. powdered sugar
¼ tsp. flavoring (mint, almond)

Cream cheese. Add flavor - coloring. Mix in sugar. Knead with hands until like pie dough. Roll into marble size, dip in sugar. Press into molds, unmold at once. Can be frozen.

Toffee

Terri Koelsch

- 1 c. white sugar
- 1 c. butter
- 1 tsp. salt
- 1 c. chopped pecans
- 1 c. chocolate chips

Melt butter and add sugar and salt. Stir constantly until medium brown, between 290° or 300°. Have ready on greased cookie sheet, pecans. Pour hot mixture on nuts. Add chocolate chips on top of mixture. Spread chocolate chips out until melted.

Tootsie Rolls

Denise Hearson

- 4 squares chocolate
- 4 Tbsp. margarine
- 1 c. white Karo syrup
- 2 tsp. vanilla
- 2 (1 lb.) boxes of confectioners sugar
- 1 ½ c. dry milk

Melt chocolate and add margarine, syrup and vanilla. Mix sugar and milk together.

Knead powdered sugar into chocolate mixture. Shape into rolls and slice.

Pepper Jelly

Brenda Reno

- ¾ c. ground sweet pepper with juice
- ¼ c. ground seeded Jalapeno peppers with juice
- 6 ½ c. sugar
- 1 ½ c. cider vinegar
- 1 (6 oz.) bottle fruit pectin
- green food coloring, optional

Combine peppers, divide in half, and set aside. Put sugar, vinegar, half of the peppers and juice in blender. Blend thoroughly. Cook mixture 10 to 15 minutes in a saucepan. Add remaining peppers, juice, and pectin. Stir and cook for 4 minutes. A few drops of food coloring may be added if you wish. Pour into hot sterilized jars and seal. Serve over cream cheese with crackers or as an accompaniment to cold meats.

Ham and Cheese Sandwich Spread

Vicki Prescott

- 1 c. soft margarine
- ½ c. very finely chopped onion
- ¼ c. mustard
- ½ tsp. dill weed

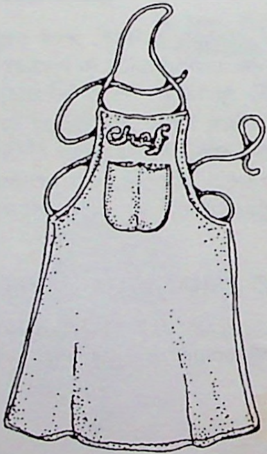
Mix well.

Won't Dry Out Play Dough

Denise Hearson

1 c. flour
1 c. water
1 c. salt
2 tsp. cream of tartar
1 Tbsp. oil

Cook for 3 minutes. Add food coloring or peppermint flavoring if desired.



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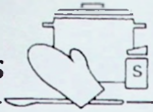

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, or bouillon - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add 1/4 cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatin dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon peel added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans or macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground, start off in cold water - potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water - English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.
Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily if cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by slowly adding a small amount of hot mixture to the beaten eggs to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - then wrap without worrying about them sticking together.

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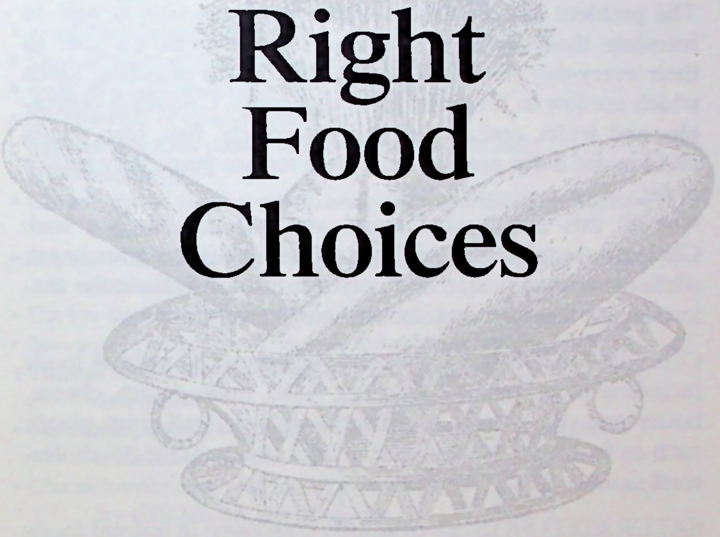
Making The Right Food Choices



A guide to healthy cooking and eating

People are more concerned than ever about making the right choices when it comes to eating. Once primarily concerned with weight and calories, now consumers want to know more about what they are putting into their bodies. Their concerns include a number of diet related topics such as cholesterol, fat, fiber, sodium, as well as calorie intake.

Fundcraft Publishing has gathered important nutritional information to help consumers eat smart. The following pages include topics such as nutrient content claims, health claims and the new food label and how this information can play a role in your family's diet and overall good health.

The role of fat in your diet

Fat consumption has been linked to heart disease, obesity, some types of cancer and gallbladder disease. Many public and private health authorities now recommend that Americans strive to reduce their intake of dietary fat.

The problem that confronts so many people now is how to translate these recommendations for a reduced-fat diet to their every-day menu. Basically, this means selecting foods which are low in fat or fat free *more often*. Choosing vegetables and fruits, cereals and grain products, fish, lean meats and low-fat dairy products will help reduce your daily intake of fat.

Not all fats are created equal and not all fats are bad. Cholesterol and saturated fats are the hardest on your heart, while monounsaturated and polyunsaturated fats are the easiest. Here's how to recognize all four in your diet:

CHOLESTEROL is a fatty substance found in animal foods including meat, poultry, fish, egg yolks, milk, cream, cheese, butter and other dairy products. Foods derived from plants such as fruits, vegetables, grains and nuts contain no cholesterol at all.

SATURATED FATS are primarily contained in animal foods including red meat and whole milk dairy products. Saturated fats can also be found in certain types of oils, notably coconut and palm and palm kernel oils, which are used in commercially baked goods. It's a good idea to cut down on foods high in saturated fats and to make substitutions whenever possible.

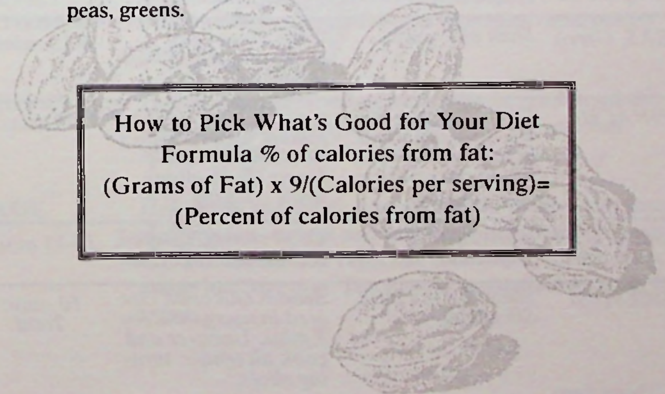
MONOUNSATURATED FATS are not considered harmful to your heart, and new research suggests they may actually reduce your blood cholesterol level and, thus, your risk of cardiovascular disease. This type of fat is found in olive oil, and in certain plant foods including avocados.

POLYUNSATURATED FATS also tend to reduce blood cholesterol levels. It's the kind of fat you find most typically in sunflower, corn, soybean and safflower oils.

Decreasing Your Fat Intake

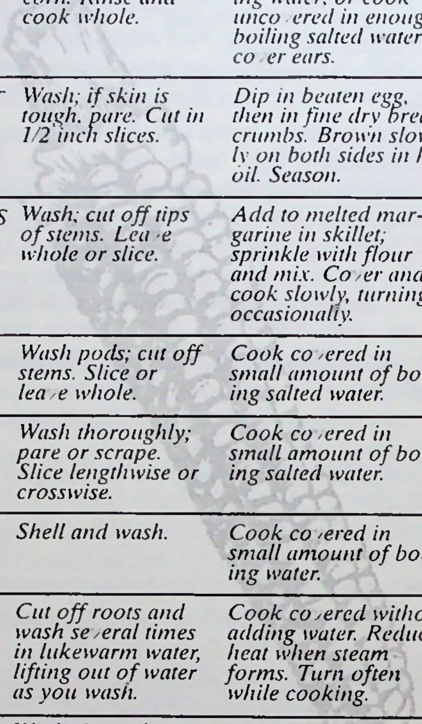
You can lower your cholesterol level and decrease your risk of heart disease by cutting down on your fat consumption. Here are some ways:

- Avoid fried foods; bake or broil.
- Choose lean meats; cut off the fat before cooking.
- Avoid luncheon meats (hot dogs, bologna).
- Eat sparingly of sausage and bacon.
- Remove skin from poultry (before cooking, if possible).
- Steam vegetables.
- Use half the fat (oil, margarine, butter, lard, shortening, mayonnaise) called for in recipes.
- Use less than 1 teaspoon margarine or butter on bread, hot cereals, vegetables.
- Use low-fat salad dressings; limit other salad dressings to 1 tablespoon.
- Season with herbs, lemon, vinegar, onion, garlic, tomato products.
- Thicken sauces, soups with a mixture of corn starch (or flour) and cold water.
- For snacks, choose fruit, vegetables, whole grain bread/cereals/ crackers.
- Choose low-fat milk products such as buttermilk, 2% fat milk, non-fat dry milk powder and skim milk.
- Use lean pieces of meat instead of fatback as seasoning for beans, peas, greens.



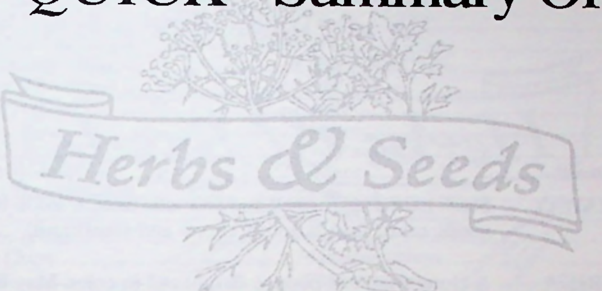
How to Pick What's Good for Your Diet
Formula % of calories from fat:
(Grams of Fat) x 9/(Calories per serving)=
(Percent of calories from fat)

TABLE FOR COOKING VEGETABLES



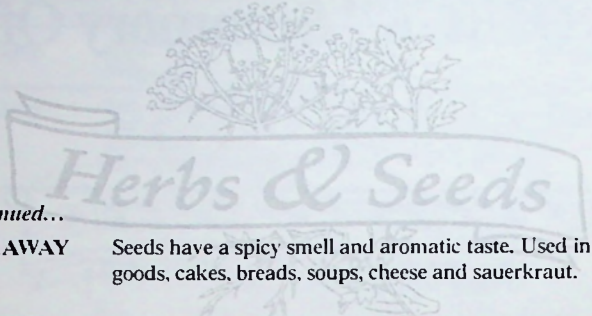
Vegetable	*Ways To Prepare*	*Cooking*	*Time*
CELERY	*Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.*	*Cook covered in small amount of boiling water or in consommé.*	*10-15 mins.*
CORN	*Remove husks and silks from fresh corn. Rinse and cook whole.*	*Cook covered in small amount of boiling water; or cook uncovered in enough boiling salted water to cover ears.*	*6-8 mins.*
EGGPLANT	*Wash; if skin is tough, pare. Cut in 1/2 inch slices.*	*Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot oil. Season.*	*Approx. 4 mins.*
MUSHROOMS	*Wash; cut off tips of stems. Leave whole or slice.*	*Add to melted margarine in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.*	*8-10 mins.*
OKRA	*Wash pods; cut off stems. Slice or leave whole.*	*Cook covered in small amount of boiling salted water.*	*8-15 mins.*
PARSNIPS	*Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.*	*Cook covered in small amount of boiling salted water.*	*15-20 mins.*
PEAS, Green	*Shell and wash.*	*Cook covered in small amount of boiling water.*	*8-15 mins.*
SPINACH	*Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.*	*Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.*	*3-5 mins.*
TOMATOES	*Wash ripened tomatoes.*	*Cook slowly, covered, without adding water.*	*10-15 mins.*
ZUCCHINI	*Wash; do not pare. Slice thin.*	*Season and cook covered in margarine for 5 mins. Uncover and cook till tender, turning slices.*	*10 mins. Total*

A "*QUICK*" Summary Of



DILL	Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.
FENNEL	Has a sweet, hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.
MARJORAM	May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.
TARRAGON	Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.
CURRY POWDER	A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables, meat, poultry and fish.
CHIVES	Leaves are used in many ways. May be used in salads, cream cheese, sandwiches, omelets, soups and fish dishes. Mild flavor of onion.
SAGE	Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

continued



Herbs & Seeds

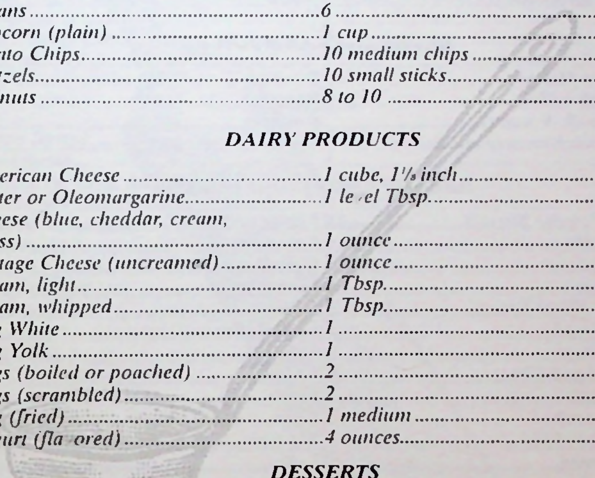
continued...

CARAWAY	Seeds have a spicy smell and aromatic taste. Used in baked goods, cakes, breads, soups, cheese and sauerkraut.
PAPRIKA	A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads, in soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.
BASIL	Aromatic odor, warm, sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.
OREGANO	Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.
BAY LEAF	A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.
GINGER	An aromatic, pungent root, sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.
CHERVIL	Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.
SHALLOTS	Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.
VINEGAR	Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, white vinegar, cider vinegar, tarragon vinegar.

CALORIE COUNTER

CANDIES, SNACKS AND NUTS

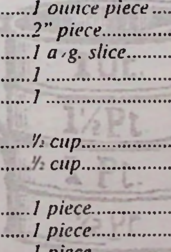
		Calories
Almonds	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (Shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100



DAIRY PRODUCTS

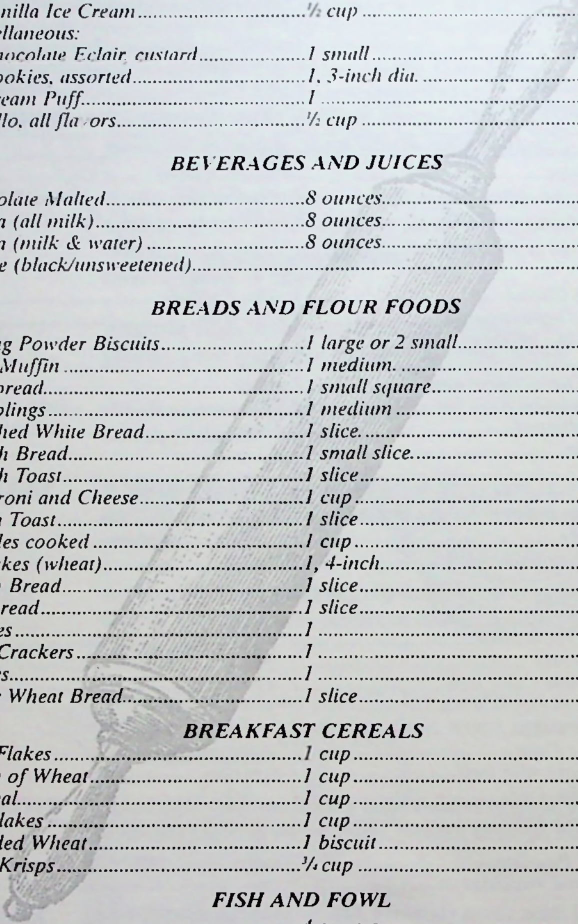
American Cheese	1 cube, 1⅛ inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS



Cakes:		
Angel Food Cake	2" piece	110
Cheesecake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 avg. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140
Pies:		
Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280

DESSERTS (Cont.)



		Calories
Pumpkin	*1 piece*	*265*
Rhubarb	*1 piece*	*265*
Ice Cream:		
Chocolate Ice Cream	*½ cup*	*200*
Vanilla Ice Cream	*½ cup*	*150*
Miscellaneous:		
Chocolate Eclair, custard	*1 small*	*250*
Cookies, assorted	*1, 3-inch dia.*	*120*
Cream Puff	*1*	*296*
Jello, all flavors	*½ cup*	*78*

BEVERAGES AND JUICES

Chocolate Malted	*8 ounces*	*450*
Cocoa (all milk)	*8 ounces*	*235*
Cocoa (milk & water)	*8 ounces*	*140*
Coffee (black/unsweetened)		*0*

BREADS AND FLOUR FOODS

Baking Powder Biscuits	*1 large or 2 small*	*129*
Bran Muffin	*1 medium.*	*106*
Cornbread	*1 small square*	*130*
Dumplings	*1 medium*	*70*
Enriched White Bread	*1 slice.*	*60*
French Bread	*1 small slice.*	*54*
French Toast	*1 slice*	*135*
Macaroni and Cheese	*1 cup*	*475*
Melba Toast	*1 slice*	*25*
Noodles cooked	*1 cup*	*200*
Pancakes (wheat)	*1, 4-inch*	*60*
Raisin Bread	*1 slice*	*80*
Rye Bread	*1 slice*	*71*
Saltines	*1*	*17*
Soda Crackers	*1*	*23*
Waffles	*1*	*216*
Whole Wheat Bread	*1 slice*	*55*

BREAKFAST CEREALS

Corn Flakes	*1 cup*	*96*
Cream of Wheat	*1 cup*	*120*
Oatmeal	*1 cup*	*148*
Rice Flakes	*1 cup*	*105*
Shredded Wheat	*1 biscuit*	*100*
Sugar Krisps	*¾ cup*	*110*

FISH AND FOWL

Bass	*4 ounces*	*105*
Brook Trout	*4 ounces*	*130*
Crabmeat (canned)	*3 ounces*	*85*
Fish Sticks	*5 sticks or 4 oz.*	*200*
Haddock (baked)	*1 fillet*	*158*
Haddock (broiled)	*4 ounces (steak)*	*207*

CALORIE COUNTER

FRUITS

Apple (raw)	*1 small*	*70*
Banana	*1 medium*	*85*
Blueberries (frozen/unsweetened)	*½ cup*	*45*
Cantaloupe Melon	*½ melon large*	*60*
Cherries, fresh/whole	*½ cup*	*40*
Cranberries (sauce)	*1 cup*	*54*
Grapes	*1 cup*	*65*
Dates	*3 or 4*	*95*
Grapefruit (unsweetened)	*½*	*55*
Orange	*1 medium*	*70*
Peach (fresh)	*1*	*35*
Plums	*2*	*50*
Tangerine (fresh)	*1*	*40*
Watermelon	*1" slice*	*60*

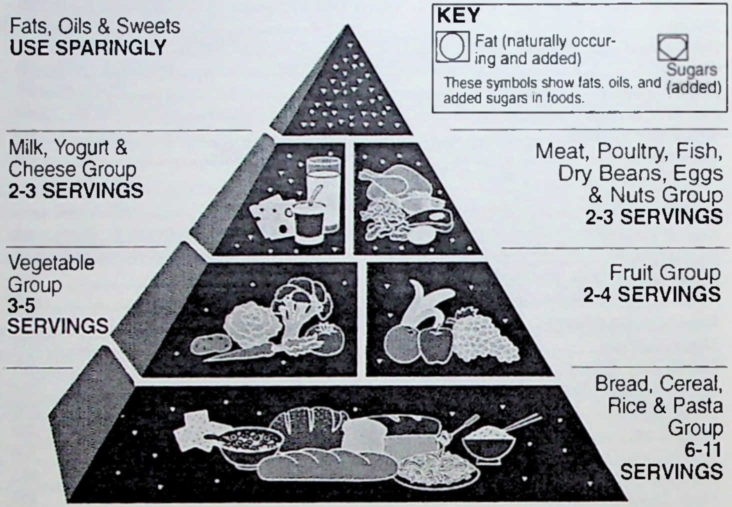
MEATS

Bacon (crisp)	*2 slices*	*95*
Frankfurter	*1*	*155*
Hamburger (avg. fat/broiled)	*3 ounces*	*245*
Hamburger (lean/broiled)	*3 ounces*	*185*
Ham (broiled/lean)	*3 ounces*	*200*
Ham (baked)	*1 slice*	*100*
Lamb Leg Roast	*3 ounces*	*235*
Lamb Chop (rib)	*3 ounces*	*300*
Liver (fried)	*3 ½ ounces*	*210*
Meat Loaf	*1 slice*	*100*
Pork Chop (med.)	*3 ounces*	*340*
Pork Roast	*3 ounces*	*310*
Pork Sausage	*3 ounces*	*405*
Roasts (Beef)		
Loin Roast	*3 ½ ounces*	*340*
Pot Roast (round)	*3 ½ ounces*	*200*
Rib Roast	*3 ½ ounces*	*260*
Rump Roast	*3 ½ ounces*	*340*
Spareribs	*1 piece, 3 ribs*	*123*
Swiss Steak	*3 ½ ounces*	*300*
Veal Chop (med.)	*3 ounces*	*185*
Veal Roast	*3 ounces*	*230*

SALADS AND DRESSINGS

Apple and carrot (no dressing)	*½ cup*	*100*
Chef Salad/reg. oil	*1 Tbsp.*	*160*
Chef Salad/mayonnaise	*1 Tbsp.*	*125*
Chef Salad/ French, Roquefort	*1 Tbsp.*	*105*
Cole Slaw (no dressing)	*½ cup.*	*102*
Fruit Gelatin	*1 square*	*139*
Potato Salad (no dressing)	*½ cup*	*184*
Waldorf (no dressing)	*½ cup*	*140*
Boiled Dressing	*1 Tbsp.*	*28*
French Dressing	*1 Tbsp.*	*60*
Mayonnaise	*1 Tbsp.*	*110*

Food Guide Pyramid
A Guide to Daily Food Choices


Fats, Oils & Sweets
USE SPARINGLY
KEY
○ Fat (naturally occurring and added)
▽ Sugars (added)
These symbols show fats, oils, and added sugars in foods.
Milk, Yogurt & Cheese Group
2-3 SERVINGS
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS
Vegetable Group
3-5 SERVINGS
Fruit Group
2-4 SERVINGS
Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS

How to Use The Daily Food Guide
What counts as one serving?

Breads, Cereals, Rice and Pasta
1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready to eat cereal

Vegetables
1/2 cup of chopped raw or cooked vegetables
1 cup of leafy raw vegetables

Fruits
1 piece of fruit or melon wedge

Milk, Yogurt and Cheese
1 cup of milk or yogurt
1/2 to 1 ounce of cheese

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts
2-1/2 to 3 ounces of cooked lean meat, poultry or fish
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

Fats, Oils and Sweets
LIMIT CALORIES FROM THESE especially if you need to lose weight.

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

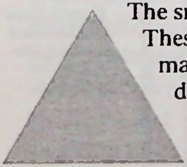
How many servings do you need each day?

Calorie Level*	about 1,600	about 2,200	about 2,800
Bread Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group	**2 - 3	**2 - 3	**2 - 3
Meat Group	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces

* These are calorie levels if you choose low-fat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

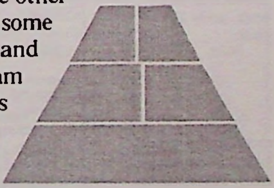
** Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

A Closer Look at Fat and Added Sugars



The small tip of the pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories, but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group. When choosing foods for a diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils and sweets from the Pyramid tip.

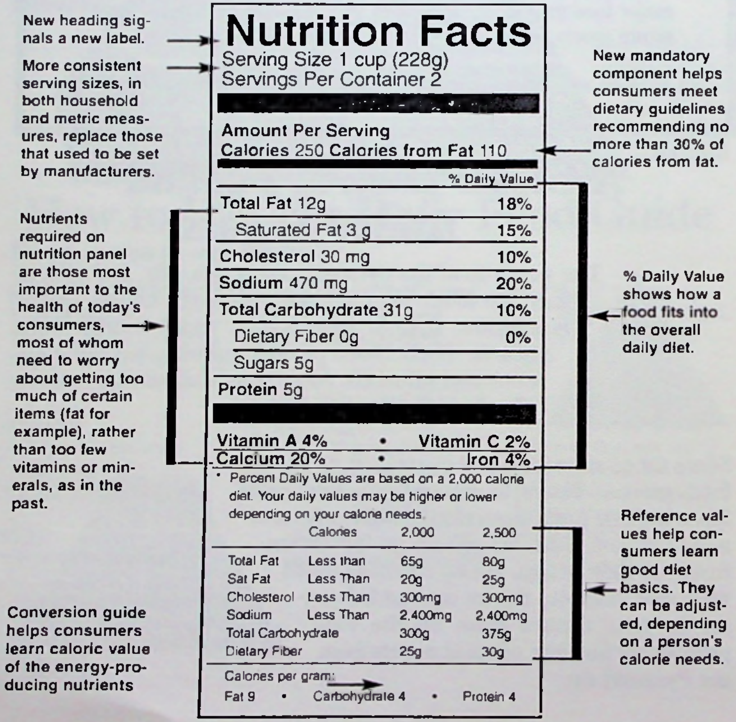


Nutrition Facts: Helping Consumers Eat Smart

Shopping and planning has never been easy. And now, with so many people concerned about the nutrient contents of foods, the choices are even tougher to make.

But now, new government regulations require food manufacturers and processors to provide dietary information on their food products. There is information on saturated fat, dietary cholesterol, fiber and other nutrients...items that relate to today's health concerns about heart disease, cancer and other diseases linked, at least in part, to diet.

One of the recent changes involves new requirements for food labels. The *new food label* will have a new name. Now it will be called Nutrition Facts. That title will signal to consumers that the product is correctly labeled according to the new Food and Drug Administration guidelines.



New heading signals a new label.

More consistent serving sizes, in both household and metric measures, replace those that used to be set by manufacturers.

Nutrients required on nutrition panel are those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat for example), rather than too few vitamins or minerals, as in the past.

Conversion guide helps consumers learn caloric value of the energy-producing nutrients

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250 **Calories from Fat** 110

	% Daily Value
Total Fat 12g	**18%**
Saturated Fat 3 g	**15%**
Cholesterol 30 mg	**10%**
Sodium 470 mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%
Calcium 20% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

New mandatory component helps consumers meet dietary guidelines recommending no more than 30% of calories from fat.

% Daily Value shows how a food fits into the overall daily diet.

Reference values help consumers learn good diet basics. They can be adjusted, depending on a person's calorie needs.

The New Food Label - What to Look For

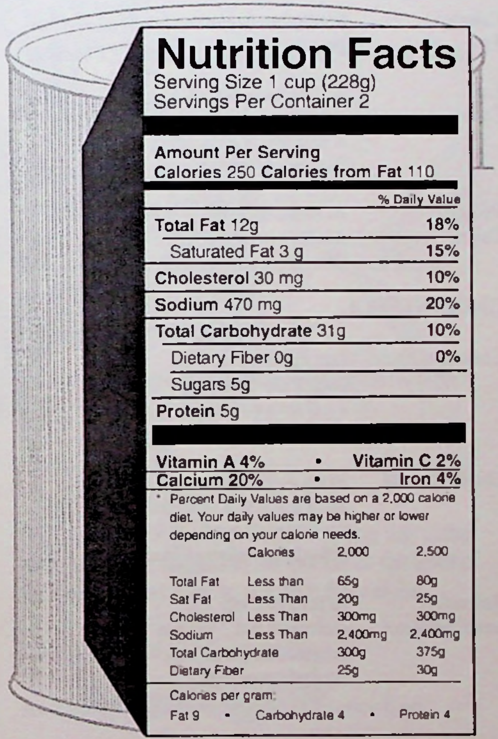
The new food label can serve as an important guide to better nutrition, but only if you use it.

What should you look for?

First of all, nutrient content claims, such as "low calorie," may appear on the front label. These claims will signal - truthfully - if a food is high in a nutrient that most of us need to consume less of. This may be good if you're trying to reduce your intake of calories, fat or cholesterol...or if you're trying to eat more fiber or potassium.

Likewise, health claims on some labels will point out a food's nutritional qualities that help reduce the risk of certain long-term diseases, such as heart disease or cancer.

The "Nutrition Facts" will give more in-depth information to help you choose foods that fit in with a more healthful diet. Now it's easier than ever to eat healthy - just read the label.



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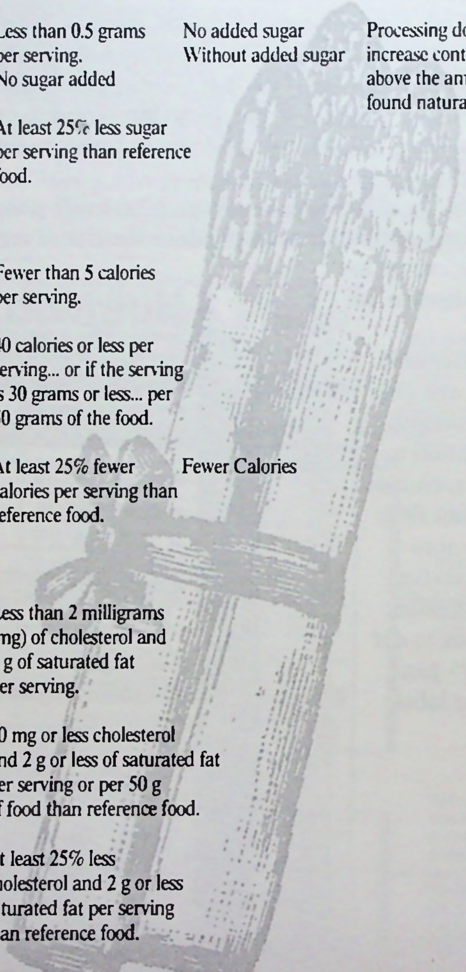
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Getting Specific

Here are examples of the meanings of some descriptive words used in food labeling.



SUGAR

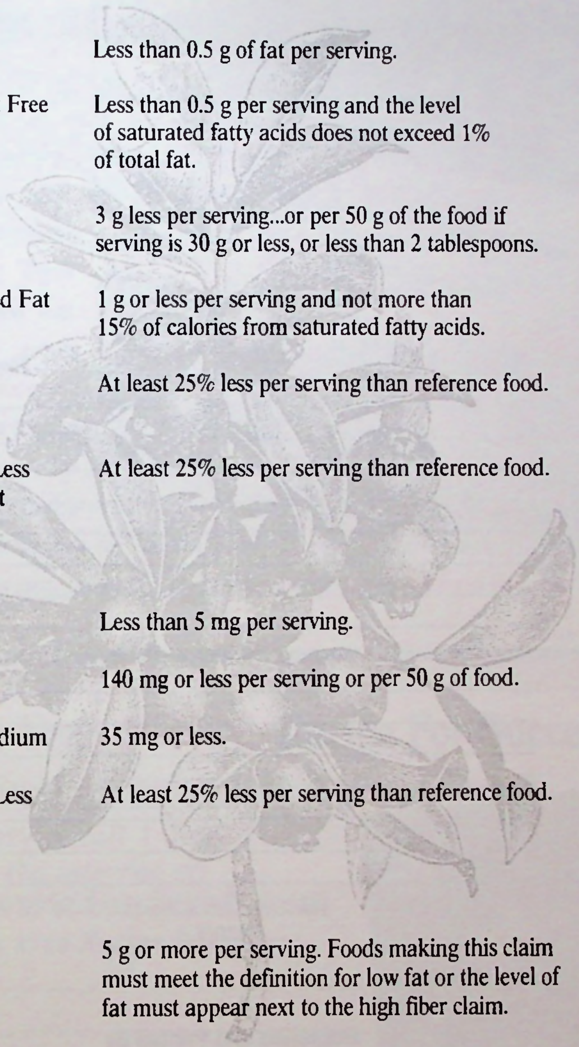
Sugar Free	Less than 0.5 grams per serving. No sugar added	No added sugar Without added sugar	Processing does not increase content above the amount found naturally.
Reduced Sugar	At least 25% less sugar per serving than reference food.		

CALORIES

Calorie Free	Fewer than 5 calories per serving.	
Low Calorie	40 calories or less per serving... or if the serving is 30 grams or less... per 50 grams of the food.	
Reduced Calorie	At least 25% fewer calories per serving than reference food.	Fewer Calories

CHOLESTEROL

Cholesterol Free	Less than 2 milligrams (mg) of cholesterol and 2 g of saturated fat per serving.
Low Cholesterol	20 mg or less cholesterol and 2 g or less of saturated fat per serving or per 50 g of food than reference food.
Reduced or Less Cholesterol	At least 25% less cholesterol and 2 g or less saturated fat per serving than reference food.



FAT

Fat Free	Less than 0.5 g of fat per serving.
Saturated Fat Free	Less than 0.5 g per serving and the level of saturated fatty acids does not exceed 1% of total fat.
Low Fat	3 g less per serving...or per 50 g of the food if serving is 30 g or less, or less than 2 tablespoons.
Low Saturated Fat	1 g or less per serving and not more than 15% of calories from saturated fatty acids.
Reduced Fat Less Fat	At least 25% less per serving than reference food.
Reduced or Less Saturated Fat	At least 25% less per serving than reference food.

SODIUM

Sodium Free	Less than 5 mg per serving.
Low Sodium	140 mg or less per serving or per 50 g of food.
Very Low Sodium	35 mg or less.
Reduced or Less Sodium	At least 25% less per serving than reference food.

FIBER

High Fiber	5 g or more per serving. Foods making this claim must meet the definition for low fat or the level of fat must appear next to the high fiber claim.
Good Source of Fiber	2.5 g to 4.9 g of fiber per serving.
More or Added Fiber	At least 25% more fiber than reference food.

FAVORITE RECIPES

Recipe Name *Page No.*

Notes

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